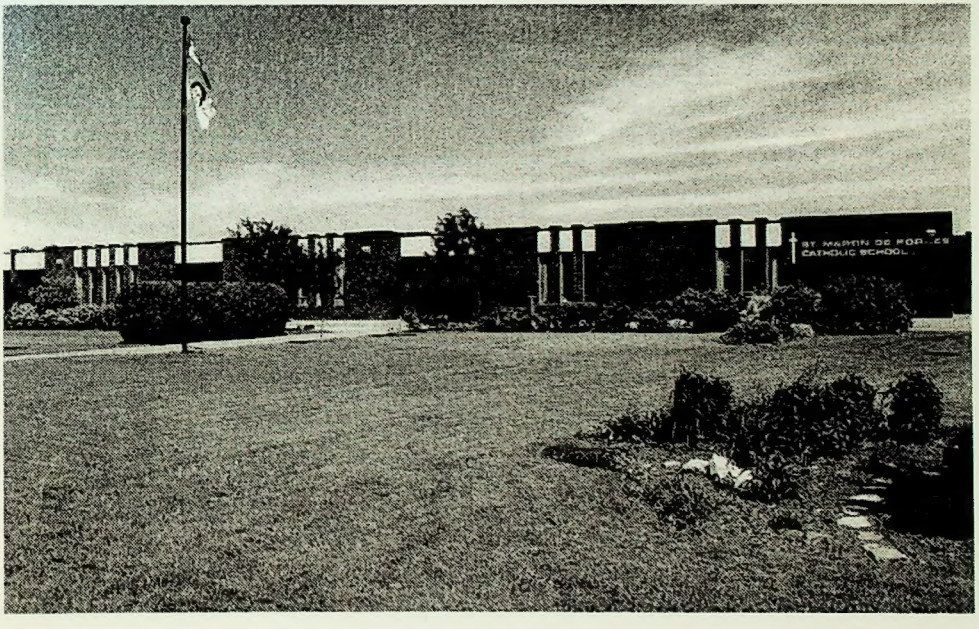
St. Martin de Porres

25th Anniversary Cookbook



1975 - 2000

Kanata, Ontario

TO:
Grandma

LOVE:
[redacted]

Christmas 2000

P.S. we're on page [redacted]

"If you plan for a year, plant a seed. If for ten years, plant a tree. If for a hundred years, teach the people. When you sow a seed once you will reap a single harvest. When you teach people, you will reap hundreds of harvests." (Kuan Chung)

St. Martin de Porres School had its beginning as Glen Cairn Catholic School, a portable complex housing Primary grades only, located on land that is now A.Y. Jackson's field. The Junior grades were sharing space at Georges Vanier School in Kanata. In September 1975, the "real" school opened its doors to children, JK to Grade 8, from Glen Cairn, Stittsville and Fallowfield. At that time, St. Martin's School sat alone in a field, accessible only by an extension of a road past the arena.

Throughout its 25 years, the commitment of students, parents and staff has always been St. Martin de Porres most valuable asset. Many lifelong friendships have grown between the stakeholders in this school.

Having been truly blessed by being part of this school community for all 25 years, one of the most rewarding experiences has been to have former students and parents walk into the school years later and discuss how much the experiences here have meant to them.

The "hundreds of harvests" reaped here are a great source of pride!

For all who will use this cookbook, past, present and future friends of St. Martin de Porres, we wish you Happy Cooking/Bon Appetit! You are all "Wonderful Ones"!

Helen Sheehan
("Miss Helen")

ST. MARTIN DE PORRES
Kanata, Ontario

September, 2000

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The Prayer of the Church in Honor of Saint Martin

Lord,

You led Martin de Porres
by a life of humility
to eternal glory.

May we follow his example
and be exalted with him
in the kingdom of heaven.

Grant this through our Lord
Jesus Christ, Your Son,
Who lives and reigns with You
and the Holy Spirit,
one God, forever and ever.
Amen.

In loving memory and always in our prayers:

Lillian Spirito
and
Marlene Day

BY THE CUPFUL

The 25th Anniversary Committee

A heaping cup of happiness,
2 of love and caring,
1 of understanding,
1 of joyful sharing.
A level cup of wisdom,
1 of artful living,
1 of thoughtful insight,
1 of selfless giving.
Mix ingredients together,
Toss in a little flair,
Serve to everyone you know
Topped with a tiny prayer.

THE PERFECT MEAL

Cookbook Committee

Ingredients: 3 over-active children who have fought all day, 1 slightly haggard mother.

Add: One half hour to prepare the meal; sprinkle with constant interruptions.

Mix: One tired, early, hungry husband who just got home from work.

Remove: Family from house and place in van or car, according to size of family mixture.

Place: The batter into the nearest restaurant to get done. Relax, simmer and stir in some occasional laughter.

Yield: One perfect meal.

Cost: Varies according to taste.

METRIC IN THE KITCHEN

CONVERTING TO METRIC

To change	To	Multiply by
teaspoons (tsp.)	millilitres (mL)	5
tablespoons (tbsp.)	millilitres (mL)	15
fluid ounces (fl. oz.)	millilitres (mL)	28
cups (c.)	litres (L)	0.24
pints (pt.)	litres (L)	0.47
quarts (qt.)	litres (L)	0.95
gallons (gal.)	litres (L)	3.8
dry ounces (oz.)	grams (g)	28
pounds	kilograms (kg)	0.45
inches (in.)	centimetres (cm)	2.54

APPROXIMATE METRIC CONVERSIONS

Spoons & Cups	Equivalent	Approximate Conversion
⅛ tsp.		0.5 mL
¼ tsp.		1 mL
½ tsp.		2 mL
1 tsp.		5 mL
1 tbsp.	3 tsp.	15 mL
1 coffee measure		25 mL
2 tbsp.	1 fl. oz.	30 mL
¼ c.	4 tbsp. = 2 fl. oz.	50 mL
⅓ c.	5 tbsp. plus 1 tsp.	80 mL
½ c.	8 tbsp. = 4 fl. oz.	125 mL
⅔ c.	10 tbsp. plus 2 tsp.	160 mL
¾ c.	12 tbsp. = 6 fl. oz.	180 mL
1 c.	16 tbsp. = 8 fl. oz. = ½ pt.	250 mL
1 pt.	2 c. = 16 fl. oz.	500 mL
1 qt.	4 c. = 32 fl. oz.	1000 mL = (1 L)

DRY WEIGHT

Weight	Equivalent	Approximate Conversion
1 oz.		30 g
3 oz.		85 g
4 oz.	¼ lb.	115 g
5 oz.		140 g
⅓ lb.		150 g
½ lb.	8 oz.	225 g
¾ lb.	12 oz.	350 g
1 lb.	16 oz.	450 g
2 lb.	32 oz.	900 g
2.2 lb.		1000 g = 1 kg

OVEN TEMPERATURES

Fahrenheit	Oven	Celcius
200°	warming oven	100°
250°	very slow	120°
275°		140°
300°	slow	150°
325°		160°
350°	moderate	180°
375°		190°
400°	hot	200°
425°		220°
450°	very hot	230°
475°		240°
500°	extremely hot	260°
525°		270°

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(ID#10260)

My Favourite Recipes

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Appetizers & Beverages

COOKING TERMS

Bake — To cook by dry heat, either covered or uncovered, in an oven or oven-type appliance.

Baste — To moisten meat or other foods with pan drippings, fruit juice or a sauce. Prevents drying of food surface and adds flavor.

Beat — To make a mixture smooth by introducing air with a brisk over and over motion using a spoon, or a rotary motion using an egg beater or electric mixer.

Blanch — To preheat in boiling water or steam. Helps loosen skins of fruits, vegetables or nuts; also used to prepare food for canning, freezing or drying.

Blend — To combine two or more ingredients thoroughly.

Boil — To heat a liquid until bubbles continuously break on the surface.

Braise — To cook slowly in a small amount of liquid in a covered pan.

Bread — To coat with flour, then dip into slightly diluted beaten egg or milk, and finally coat with bread, cereal or cracker crumbs.

Broil — To cook by direct heat, under a broiler or over hot coals.

Caramelize — To melt sugar, or foods containing sugar, slowly over low heat without burning, until it melts and becomes brown in color.

Chop — To cut food into small pieces with a knife.

Clarify — To make a liquid (stock, broth, butter) clear by skimming away or filtering out fat or other impurities.

Coat — To cover food evenly with flour, crumbs or batter.

Coddle — To cook food slowly in water just below the boiling point.

Compote — Fruit stewed or cooked in syrup, usually served as a dessert.

Cool — To let food stand at room temperature until it is no longer warm to the touch.

Cream — To make a fat, such as butter, soft and smooth by beating with a spoon or mixer. Also, to combine a fat with sugar until mixture is light and fluffy.

Cube — To cut a solid food into cubes of about ½ inch or more.

Cut in — To mix evenly a solid fat into dry ingredients (e.g. shortening and flour) by chopping with two knives or a pastry blender.

Dice — To make small cubes of ⅛ to ¼ inch.

Dredge — To cover or coat food with flour or a similar fine, dry substance.

Dust — To sprinkle lightly with flour or sugar.

Fillet — A piece of meat, poultry or fish without bones.

Flake — To break food into small pieces, usually with a fork.

Flute — To make decorative indentations around edge of pastries, fruits or vegetables.

Fold — To combine two ingredients. Using a spoon or rubber spatula, go down through the mixture on the far side of the bowl, bring the spoon across the bottom of the bowl and up the near side, turn the mixture over on the top. Turn bowl slightly and repeat till mixture is blended.

Fry — To cook in hot fat; pan-fry or sauté in a small amount of fat, deep-fat fry in deep layer of fat that covers the food.

Glaze — To coat with a smooth mixture to give food a glossy appearance.

Grate — To rub food against a grater to form small particles.

Grill — To cook on a rack over hot coals or other direct heat.

Grind — To reduce to particles in a grinder, blender or food processor.

Julienne — To cut meat, vegetables or fruit into long matchlike strips

Knead — To manipulate with a pressing motion accompanied by folding and stretching. For yeast bread: fold dough toward you, push dough away using the heel of your hand. Rotate ¼ turn and repeat. For tea biscuits: kneading process is much less vigorous and requires less time.

Marinate — To let food stand in a seasoned sauce called a **marinade** to tenderize and increase flavor.

Mince — To cut or chop into very small pieces, but smaller than diced.

Mix — To combine ingredients until evenly distributed.

Panbroil — To cook uncovered on a hot surface removing fat as it accumulates.

Parboil — To cook food in a boiling liquid until partially done. Cooking is usually completed by another method.

Pare — To remove outer covering of fruit or vegetable with a knife.

Peel — To strip off or pull away outer covering of fruit or vegetable.

Poach — To cook slowly in simmering liquid such as water or milk.

Purée — To put food through a sieve, blender or processor to produce the thick pulp or paste with juice.

Reduce — To rapidly boil down the volume of a liquid to concentrate flavor.

Roast — To cook meat in an uncovered pan by dry heat in an oven.

Sauté — To brown or cook in a small amount of fat (see **fry**).

Scald — To heat milk to just below the boiling point, when tiny bubbles appear around the edge of the pan; to dip certain foods briefly into boiling water (see **blanch**).

Score — To make shallow slits into the surface of a food in a diamond or rectangular pattern.

Sear — To brown and seal surface of meat quickly with intense heat.

Shred — To cut into long, thin strips with a knife or shredder.

Simmer — To cook in liquid just below boiling point; bubbles form slowly and burst before reaching surface.

Sliver — To cut into long thin pieces with a knife; e.g. almonds, or pimiento.

Steam — To cook in a covered container above boiling water.

Steep — To let stand for a few minutes in water that has just been boiled to enhance flavor and color.

Stew — To simmer slowly in liquid deep enough to cover.

Stir — To mix ingredients in a circular motion until blended with uniform consistency.

Stir fry — To cook in a frypan or wok over high heat in a small amount of fat, tossing or stirring constantly.

Toast — To brown with dry heat in an oven or toaster.

Whip — To beat rapidly with a wire whisk, beater or mixer to incorporate air to lighten and increase volume.

APPETIZERS & BEVERAGES

BAILEY'S IRISH CREAM

"Miss Helen" (Sheehan)

2 eggs, beaten
1 can Eagle Brand sweetened condensed milk
1/2 pt whipping cream (1 cup)
2 Tbsp Milkmate (liquid chocolate drink mix)
1 Tbsp instant coffee
1 1/2 cups rye

Beat everything and chill overnight. Shake before serving. Keep refrigerated.

Too good to last very long!

MULLED WINE

Linda Grimble

2 cups water
4 cinnamon sticks
1 1/2 doz cloves
1/2 lemon slice
3/4 cup sugar
40 oz red wine (1 L)

Boil the first 4 ingredients for 5 minutes. Add the red wine and sugar; simmer for 5 minutes.

Enjoy a delicious hot drink on a cold winter day!

PUNCH

Shawn, Paul and Sarah McEvoy

1 frozen can orange juice
1 frozen can lemonade
1 frozen can cranberry juice/equal parts water
1/2 can pineapple juice (24 oz)
26 oz bottle 7-Up or ginger ale
Frozen strawberries

Into punch bowl, add orange juice, lemonade. Then add cranberry juice with equal parts cold water. Add 1/2 can pineapple juice. Just before serving, add 1 bottle 7-Up or ginger ale.

Strawberries may be added at the beginning or the end of recipe.

Sight is a faculty; seeing is an art.

STRAWBERRY PUNCH

Carolyn Roberts

1 1/2 cups crushed strawberries
2 cups cold tea
1/2 cup white sugar
2 (12 1/2 oz) cans pink lemonade
750 mL ginger ale
750 mL club soda

In blender, puree fresh/frozen berries with sugar and tea. Just before serving, mix together strawberry puree, lemonade, ginger ale and soda in a large punch bowl. Serve with ice ring (in a bundt pan) with whole berries and mint leaves floating inside. Yields 12 to 14 cups.

VEGETABLE JUICE

Anne Keeley

3 carrots
1 stalk celery
1 apple

Trim carrots and cut them into 2 to 3 inch pieces. Cut celery into 2 to 3 inch pieces. Cut apple into narrow wedges. Beginning and ending with carrot and celery pieces, process vegetables and apple wedges in juicer.

Enjoy the energy!

GOOD FRIENDS DIP

Suzanne Kostron

250 g light cream cheese
3/4 cup salsa
2 cups shredded lettuce
1/2 to 3/4 cup shredded cheese
3/4 cup diced tomatoes
1/4 cup hot peppers, optional
1 bag corn chips

Spread cream cheese evenly to cover bottom of large platter. Cover evenly with salsa. Cover salsa with shredded lettuce. Cover lettuce layer with shredded cheese and garnish with diced tomatoes. (Optional: Top with rings of hot peppers.)

Serve with corn chips. Measurements of ingredients can be changed to suit taste.

ARTICHOKE DIP

Ashley Brookes

1 cup mayonnaise
1/2 cup Parmesan
1 clove garlic, minced
14 oz jar artichokes in brine, drained and finely chopped

Mix.

JILL'S MEXICAN DIP "OLÉ"

Madame White

1 can artichoke hearts (in water)
1 cup shredded old cheddar cheese
1/2 cup green olives with pimento
2 Tbsp jalapeno peppers
1 cup Hellmann's real mayonnaise
1/2 cup grated Parmesan

Drain can of artichoke hearts and chop coarsely. Grate cheddar cheese. Slice green olives. Finely chop jalapeno peppers.

Mix first 5 ingredients in a mixing bowl until all ingredients coated with mayonnaise. Press into glass pie plate or fancy ovenproof dish. Cover with Parmesan. Bake at 350°F for 1/2 hour until brown and bubbling. Serve hot.

LAYERED NACHO DIP

Colleen Imbesi

Grated cheddar cheese
Bottom:
2 (8 oz) pkg cream cheese
1 cup Miracle Whip
Middle:
1 jar mild taco sauce
Top:
2 tomatoes
2 green peppers
2 onions

Beat ingredients for bottom layer and spread in 9x13 inch pan. Add taco sauce on top. Chop ingredients for top layer and add to the pan. Sprinkle entire pan with grated cheddar.

NACHO DIP

Brodie Rafter

2 (250 g) pkg cream cheese
2 (500 g) containers sour cream
2 pkg taco spice
1 bottle chili sauce or chili relish
Olives, green pepper and tomatoes, diced and sliced, to garnish

Blend cream cheese, sour cream and taco spice with electric mixer until smooth. Spread mixture over bottom of pan (approx 8x14 inches). Refrigerate overnight. Spread chili sauce evenly over mixture. Top with olives and vegetables.

JALAPENO SALSA

Tracey Saunders

1 jar jalapenos (drained)
1 jar pizza olives (drained)
3 to 5 medium tomatoes
1 bunch green onions
1 1/2 cups Monterey Jack cheese (grated)
1 cup zesty Italian dressing (Kraft)
Fritos scoop chips

Combine drained jalapenos and olives in a large mixing bowl. Dice up tomatoes and add to bowl. Dice up green onions. Use green portions of onions also and add that too. Sprinkle in grated cheese (use all of it). Pour in Kraft zesty Italian dressing and mix well.

Put in fridge for about 1 hour, remix it occasionally so oil does not settle at top and scoop away!

SHRIMP DIP

Christine Chapman

106 g can cocktail shrimp
250 g pkg cream cheese
1/3 cup Miracle Whip (not mayonnaise)
2 Tbsp ketchup
2 tsp chopped green onion
1/4 tsp Tabasco sauce

Chop shrimp into fine pieces; set aside. Cream together all other ingredients until smooth with hand mixer. Add chopped shrimp and mix for another 1 to 2 minutes. Place in refrigerator and chill for several hours before serving. (Can be made the night before.)

Serve with crackers of your choice. (We like Ritz.)

SHRIMP SPREAD

Nancy Stairs

170 g can salad shrimp
250 g pkg cream cheese
1 Tbsp horseradish
2 Tbsp mayonnaise
Dash garlic powder
Salt and pepper

Mash shrimp; mix in remaining ingredients. Mix completely and put in serving bowl. Chill for a few hours and serve with your favorite crackers.

This is nice as a snack any time; by the pool side, in the evening with friends.

HOT CRAB DIP

Nancy Stairs

6 oz (170 g) can crab
250 g pkg cream cheese
1 Tbsp horseradish
1 Tbsp mayonnaise
Dash garlic powder
Salt and pepper, to taste
1 pkg sliced mozzarella cheese
1 pkg sliced Swiss cheese
1 pkg Swiss cheese crackers

Mix first 6 ingredients in a bowl. Spread 1/2 of mixture in bottom of greased baking dish. Top with mozzarella cheese slices, following with remainder of the mixture. Top off with Swiss cheese slices.

Bake in 350°F oven for approx 30 minutes or in microwave. Can be made ahead and reheated at last minute for company. Serve with Swiss cheese crackers. Delicious!

SEAFOOD SPREAD

The Durnings

1 pkg cream cheese (light)
1 can crab meat (drained)
1 can cocktail shrimp (drained)
1 small jar seafood sauce

Spread entire package of plain cream cheese on bottom of a flan style casserole dish. Pour on and spread seafood sauce (about 3/4 of jar). Crumble crab and sprinkle shrimp for the last layer. Pat down lightly with spatula. Keep refrigerated until ready to serve. Serve with sturdy crackers.

Try substituting the plain cream cheese with smoked salmon cream cheese for variety.

CRAB MEAT DIP

Pam Goulet

2 (6 oz) pkg crab meat
2 Tbsp margarine
2 (8 oz) pkg cream cheese, softened
4 dashes Tabasco sauce
1/3 cup sherry/wine
4 Tbsp Parmesan cheese
3/4 cup finely chopped onions
1/4 tsp garlic powder
Dash paprika

Mix crab meat and softened cream cheese and all other ingredients. Place into a shallow baking dish. Sprinkle top with Parmesan cheese, paprika and garlic powder. Put in oven for 20 to 30 minutes at 350°F.

LITTLE MERMAID'S CRAB DIP

Margo Kuntz

1 tin crab meat, drained
1 pkg cream cheese
1 Tbsp ketchup
1 Tbsp Worcestershire sauce
3 Tbsp mayonnaise
2 Tbsp finely chopped onion
Dash Tabasco
Dash lemon juice
Dash celery salt
Garlic, optional

Combine above ingredients in the order in which they appear. Refrigerate minimum 2 to 3 hours. Serve as an appetizer with crackers, i.e. wheat thins, pita bread, nacho chips, etc.

SPINACH DIP
(In Pumpernickel Bread)

Melissa Ballerscheff

1 1/2 cups sour cream
1/2 cup mayonnaise or Miracle Whip
1 small onion, optional
1 pkg chopped frozen spinach, well drained when thawed
1 pkg Knorr vegetable soup mix
2 round loaves pumpernickel bread

Mix all ingredients together in bowl. Refrigerate several hours.

Cut a hole in middle of 1 loaf of bread to make a bowl. Cut the piece taken out of loaf and other loaf into bite size fingers for dipping.

Stir spinach dip before putting into bread.

BEAN DIP

Malinda Tibbetts

14 oz can beans (in tomato sauce)
1 cup shredded cheddar
1/2 cup butter
1/2 cup chopped onions
1/4 tsp garlic powder
1/4 tsp chili powder
1/4 tsp salt
1/8 tsp black pepper
Jalapenos (or any kind of hot sauce), to taste

Put all ingredients in food processor. Spin until creamy. Refrigerate until ready to use.

Or, put all ingredients in a pot; mash together. Heat and stir over medium heat until melted.

Serve bean dip warm. Heat in microwave or on top of stove. Serve with corn chips or vegetables.

CHICKPEA DIP (Hommos)

Christine Nasrallah

19 oz can chickpeas
1 clove garlic, mashed
1/2 tsp salt
4 Tbsp sesame seed paste
Juice of 2 lemons
1/4 cup water
1 Tbsp parsley, chopped
1 tsp paprika, optional

Drain and rinse chickpeas and place in blender. Add mashed garlic, sesame seed paste, lemon juice, salt and water. Mix very well until texture is smooth. Serve on a platter and garnish with paprika and/or parsley. Serves 4. Can be prepared ahead. "Lenten."

ANTS ON A LOG

Andrea Switalski

20 (or more) raisins
Celery sticks (as many as you want)
Peanut butter

First you cut celery sticks into small sticks. Then spread peanut butter in the hole which is in the celery stick. Put raisins on top and enjoy!

EGG ROLLS

The Lacroix Family

Dough:
2 cups flour
1 egg, well beaten
1/2 cup cold water plus 1 Tbsp cold water
1 tsp salt
Filling:
4 cups shredded raw cabbage
1/2 cup finely chopped onion
1/2 cup chopped celery
2 tsp salt
1 cup diced, cooked chicken or roast beef
2 Tbsp soya sauce
1 Tbsp peanut oil (any oil works)
1/2 tsp pepper

Dough: Mix well. Roll as thin as possible. Cut in strips. (Or buy frozen, pre-made! Much easier!)

Filling: Combine vegetables in deep bowl with salt. Let stand 15 minutes. Drain. Add other ingredients. Mix well. Use 2 tsp per egg roll. Seal with beaten egg. Cook in hot oil until golden brown.

Can be frozen and heated as needed.

SPINACH AND CHEESE TURNOVERS

The Berry and Shamess Family

1 pkg frozen puff pastry
Soft cheese (like Brie)
Fresh spinach, chopped

Thaw pastry and cut into small squares. Spoon cheese in center of each square. Sprinkle with spinach. Fold squares into triangles; seal edges. Bake in preheated oven at 350°F until golden brown, approx 15 minutes.

BACON BITES

The Durnings

2 cans water chestnuts (whole)
1 to 2 lb lean bacon
Soy sauce (approx 1/2 cup)
Couple splashes Tabasco sauce
Toothpicks

Soak water chestnuts (drained) in bowl with soy sauce and Tabasco. Stir around a few times. Cut length of uncooked bacon in half. Wrap a water chestnut with a bacon half and secure with a toothpick (all the way through). Place on ungreased cookie sheet. Once all water chestnuts are wrapped, broil until bacon is crisp. Put paper towels on serving platter and place the appetizers on the paper towels.

BACON CRESCENT BITES

Shelley Bowden

3 oz pkg cream cheese, softened
6 slices crisply cooked bacon, crumbled
1 green onion, thinly sliced
1/2 tsp Worcestershire sauce
8 oz can refrigerated crescent dinner rolls

Mix cream cheese, bacon, onion and Worcestershire sauce.

Separate crescent rolls into 8 triangles. Cut each triangle in 1/2 lengthwise. Spread 1 generous teaspoon cream cheese mixture on each triangle. Roll up, starting at shortest side of triangle and rolling to opposite point. Place on ungreased cookie sheet.

Bake at 375°F for 12 to 15 minutes or until golden brown. Serve warm.

It is the hard jobs that make us.

SAUSAGE STARS OR WON TON TIDBITS

Lynn Morneau

1 pkg won ton wraps
6 loose mild or hot sausage meat
1 green, red and yellow pepper (chopped)
3/4 cup mozzarella (shredded)
3/4 cup cheddar (shredded)
1/2 cup ranch dressing (regular)

Put wraps in muffin tins and cook at 350°F for 4 minutes. Brown sausage meat and drain well. Spoon into won ton wraps. (You may freeze at this point.) Bake at 350°F for 6 to 8 minutes. Yields 48.

GRANNY WILSON'S SCOTCH EGGS

Rosamond Colton

6 hard boiled eggs
1 lb sausage meat
2 cups oatmeal (not cooked)

Boil eggs for 10 minutes, remove from heat and put under cold water. Let eggs cool off in cold water for 20 minutes. Remove shells from eggs.

Take sausage meat and divide into 6. Roll meat into a ball, then make a pocket in it. Put in egg and wrap meat around egg. Do this 5 more times with other eggs.

Put dry oatmeal in a bowl and, 1 at a time, roll sausaged-egg around until covered. When done, place eggs on a cookie sheet in a 350°F oven for 45 to 50 minutes until cooked. Cool off eggs in fridge. Serve with your favorite chutney or relish or plain.

TORTILLA PINWHEELS

"Miss Helen" (Sheehan)

8 oz (250 g) cream cheese
8 oz (250 g) grated cheddar
2 green onions, chopped
2 Tbsp chopped parsley
3/4 cup spicy salsa
6 (10 inch) flour tortillas
3/4 cup grated Parmesan cheese

Beat together cream cheese, cheddar, green onion, parsley and salsa. Spread about 1/2 cup (125 mL) of the mixture on each tortilla, then sprinkle 2 Tbsp Parmesan on top. Roll up tortillas in jelly roll fashion and wrap in waxed paper. Refrigerate for about 2 hours or overnight.

Unwrap and slice into 1/2 inch thick slices.

MEXICAN SPIRALS

Erika Smith

250 g pkg cream cheese, softened
1 cup finely chopped cooked chicken
1 cup grated Monterey Jack cheese
1/3 cup finely chopped red peppers
1/4 cup chopped fresh coriander
2 Tbsp finely chopped fresh or canned jalapeno peppers
2 tsp ground cumin
4 (10 inch/25 cm) flour tortillas
Vegetable oil
Salsa and sour cream, to serve

Filling: In large bowl, combine cream cheese, chicken, Monterey Jack cheese, red pepper, coriander, jalapeno peppers, cumin and salt to taste. Spread mixture evenly over tortillas. Roll up each tortilla tightly around chicken mixture. Wrap in plastic wrap and refrigerate at least 2 hours or up to 24 hours.

Heat oven to 350°F (180°C). Cut each tortilla roll into 1/2 inch (1 cm) slices. Arrange on greased baking sheet; brush with oil. Bake for 12 to 15 minutes or until lightly browned. Serve hot with salsa and sour cream for dipping. Makes 60 appetizers.

Can be made ahead. Cut and rewrap. Freeze uncooked slices for up to 3 months. Bake as needed.

MEXICAN APPETIZER

The Durnings

8 oz pkg cream cheese (light)
1 small garlic clove, crushed
1/2 cup sour cream
1 tin refried beans
1 small jar jalapeno peppers, diced
1 large avocado, mashed
1 tsp lemon juice
1 tomato, finely chopped
5 slices bacon, cooked crisp
3 to 4 green onions, chopped
1 cup ripe olives, sliced
1 jar salsa (medium)
1 cup grated cheddar cheese

Combine first 3 ingredients and use as the first layer, in a deep pie style casserole dish. Combine beans and jalapeno peppers for second layer. Avocado and lemon juice are next. Sprinkle on crumbled bacon, green onions and olives. Spread with salsa and top with cheese and tomatoes. Serve cold with corn/taco chips or sturdy crackers.

Handy Tip: Have cream cheese at room temperature before starting to prepare.

SALMON QUESADILLAS

Silvia M. Costabile

2 garlic cloves, minced
1 tsp vegetable oil
14 3/4 oz can salmon, drained, bones and skin removed
1 tsp butter or margarine, softened
1/2 tsp pepper
4 flour tortillas (8 inches)
2 cups (8 oz) shredded mozzarella cheese
Guacamole or salsa

In a skillet, saute garlic in oil until tender. Stir in salmon, basil and pepper. Cook over medium heat until heated through.

Meanwhile, spread butter over 1 side of each tortilla. Place tortillas, buttered side down, on a griddle. Sprinkle each with 1/2 cup cheese. Spread 1/2 cup salmon mixture over 1/2 of each tortilla. Fold over and cook on low for 1 to 2 minutes on each side. Cut into wedges. Serve with guacamole or salsa. Makes 4 servings.

QUESADILLAS

T. Strudwick

1 cup canned chickpeas, drained and mashed
1/2 cup nonfat sour cream
1/2 cup salsa
1 large clove garlic, minced
8 (7 inch) flour tortillas
2 tsp vegetable oil
1 chicken breast, cooked and shredded
1/4 cup finely chopped red pepper
1/4 cup finely chopped green onion
1 Tbsp chopped fresh coriander
1 cup shredded Monterey Jack cheese

Preheat oven to 400°F. Combine mashed chickpeas, 2 Tbsp sour cream, 2 Tbsp salsa and garlic in a small bowl. Mix well; set aside.

Brush 1 side of each tortilla with oil. Arrange 4 tortillas, oil side down, on a baking sheet. Spread 1/4 chickpea mixture over each tortilla, leaving a 1/2 inch border.

Combine shredded chicken, red pepper, green onions and coriander in a small bowl. Spread 1/4 chicken mixture over chickpeas, followed by 1/4 cheese. Cover with remaining tortillas, oil side up.

Bake for 8 to 10 minutes, until tortillas are a light golden brown. Remove from oven. Let cool 5 minutes before cutting. (This is important, otherwise tortillas slide apart.) Cut each quesadilla into 6 wedges. Serve with remaining sour cream and salsa. Makes 24 wedges.

TORTILLA ROLL-UPS

Karen Riddell

250 g pkg cream cheese
1/3 cup Kraft 3 cheese ranch dressing
1 carrot, finely chopped
2/3 cup fresh broccoli, chopped
8 (7 inch) flour tortillas

Soften cream cheese then mix with all other ingredients except tortillas. Spread 2 Tbsp of mixture on each tortilla; roll up tightly. Wrap rolls in plastic wrap; refrigerate to chill for easy slicing (4 hours or overnight).

Just before serving, unwrap and slice 1/2 inch on the diagonal. Makes 4 to 5 dozen pieces.

BRUSCHETTA

Chris Fraser's mom, Cathy

1 cup chopped tomatoes
1 Tbsp extra virgin olive oil
1/2 tsp oregano (dried)
1/2 tsp chopped fresh garlic
4 medium basil leaves, chopped
Salt and pepper, to taste
1/4 cup Romano or Parmesan
1/4 cup cheddar cheese
Garlic butter
Italian flat bread

Mix the first 6 ingredients together. Prepare flat bread with garlic butter and broil until bubbling or slightly browned. Place tomato mixture on flat bread, add cheeses on top and place back under broiler until cheese is bubbling or melted. Slice and serve.

P.S. Chopped zucchini or red onions or green onions or black olives are good mixed in with tomatoes also!

CHEESE TOASTIES

Lorna Ring

3/4 cup mayonnaise
2 cups grated cheddar cheese
2 chopped green onions
1/4 cup cooked crumbled bacon
Dash black pepper
1 French stick

Preheat oven to 350°F. Blend mayonnaise, grated cheese, green onions, bacon and pepper. Cut French stick in 1/2 inch slices. Spread mixture onto slices; arrange on cookie sheet. Bake 7 to 10 minutes. Serve hot!

CHEESE LOGS

Linda Ellsworth
Mother of Stephen

2 (250 g) pkg cream cheese
1 lb shredded medium cheddar cheese
1 cup sweet relish
2 Tbsp pimento
1 tsp garlic powder

Beat cream cheese. Add other ingredients and mix with a fork. Roll into logs. Roll in Italian bread crumbs or graham crumbs or bacon bits. Then sprinkle with: 1 Tbsp paprika, 1 Tbsp chili powder. Serve with crackers. Freezes well.

MCCREA STUFFED MUSHROOMS

Don, Kathryn, Amber and Brooke McCrea

1 lb large mushroom caps
1/2 lb cheddar cheese, grated or 8 oz cream cheese and chives
1/2 lb bacon, fried crisp

Preheat oven to 350°F. Wash and clean mushroom caps. Mix cheese with bacon that has been crumbled. Stuff caps and bake 10 minutes. Makes 2 dozen plus.

SQUEALER'S PIGS IN BLANKETS

Shannon Kathleen Murray

2 (8 oz) cans crescent rolls
16 oz cocktail frankfurters
1/2 cup mustard, optional
1/2 cup ketchup, optional

Preheat oven to 375°F. Unroll dough, separating into 4 pieces. Keep 2 crescents together by wetting and pinching seams. Roll 1 rectangle at a time on a lightly floured board to a thickness of 1/8 inch. Cut each rectangle into 6 (3 inch) strips.

Roll frankfurter in strips and seal ends using cold water. Arrange on an ungreased baking sheet, seams down and about 2 inches apart. Bake for 10 to 12 minutes, until golden. Serve hot with mustard and ketchup. Yields 48 pigs.

EXTRA RECIPES

Salads & Dressings, Soups & Sauces

FOOD QUANTITIES TO SERVE 50 PEOPLE

	Serving Portion	Amount for 50 People*
Beverages		
Cocoa, mixed	¾ cup	40 cups
unsweetened powder		½ lb.
Coffee	¾ cup	1½ lb.
Punch	½ cup	25 cups
Tea	¾ cup	½ lb.
Bread and Crackers		
Bread	1 slice	4 loaves
Rolls	1 roll	5 doz.
Crackers (soda)	2 crackers	1½-2 lb.
Cereals		
Rice	½ cup	3-4 lb.
Macaroni, noodles, spaghetti	½ cup	4½-5 lb.
Dairy Products		
Butter, for table	1 tbsp.	1-1½ lb.
for vegetables	½ tsp.	¾ lb.
Cheddar cheese	1-1½ oz.	3-5 lb.
Cream, coffee		7 cups
whipping	2 tbsp.	3 cups
Ice cream	½ cup	25 cups
Milk	1 cup	50 cups
Desserts		
Cakes, angel food		3-4 cakes
pound or loaf		4 loaves
8x8-inch square		3-4 cakes
Cookies or slices	3 pieces	150 pieces
Pies	⅛ pie	6 pies
Fish		
Fillets	3 oz.	14-16 lb.
Whole	3 oz.	40 lb.
Fruits		
Apples	1	15 lb.
Bananas	1	16 lb.
Peaches	1	12-15 lb.
Raspberries or strawberries	½ cup	14 lb.
Juice, fruit or vegetable	½ cup	25 cups

	Serving Portion	Amount for 50 People*
Meat		
Beef, ground	3 oz.	13-15 lb.
boneless round, rump	3 oz.	16-18 lb.
Lamb, boneless leg	3 oz.	15 lb.
Pork, boneless loin	3 oz.	18-20 lb.
boneless ham	3 oz.	15 lb.
Salami	3 oz.	10 lb.
Sliced luncheon meat	1 oz.	3½ lb.
Weiners	2 weiners	10 lb.
Poultry		
Chicken, fryers	¼ fryer	13 fryers
Turkey	3 oz.	36 lb.
Pickles		
Dill or sweet		10 cups
Relish		8 cups
Salads		
Green	¾ cup	32-40 cups
Potato, chicken or fruit	½ cup	28-32 cups
Salad dressings		
Mayonnaise	1 tbsp.	4 cups
French	2 tsp.	3-4 cups
Sandwiches		
Main meal	1½	70-80
Afternoon	1	50
Vegetables		
Asparagus	½ cup	18-20 lb.
Beans, green or wax	½ cup	10-12 lb.
Broccoli	½ cup	16-20 lb.
Cabbage	1 wedge	12-14 lb.
Cauliflower	½ cup	16-18 lb.
Celery, sticks	4 sticks	4-5 lb.
Corn on the cob	1 ear	5 doz.
Lettuce, for tossed salad	1 cup	8 heads
for salad plate		8-10 heads
Potatoes, baked	1 potato	17-25 lb.
mashed	½ cup	15 lb.
Tomatoes, sliced	3 slices	15 lb.
Frozen vegetables		10 lb.

***Based on one serving portion per person. For second helpings or larger serving portions, prepare additional food accordingly.**

ITALIAN SAUSAGE & TORTELLINI SOUP

Jessica Donaghy's Family
The Cuffley's

1 lb sweet or hot Italian sausage, or chorizo sausage, casings removed
1 cup chopped onion
2 large garlic cloves, sliced
5 cups beef stock or canned broth
2 cups chopped tomatoes
8 oz can tomato sauce
1 large zucchini, sliced
1 large carrot, thinly sliced
1 medium green bell pepper, diced
1/2 cup dry red wine
1 Tbsp dried basil
1 Tbsp dried oregano
8 to 10 oz purchased fresh cheese tortellini
Freshly grated Parmesan cheese

Sauté sausage (casings removed) in heavy Dutch oven over medium-high heat until cooked through, crumbling with back of spoon, about 10 minutes. Using slotted spoon, transfer sausage to large bowl. Pour off all but 1 Tbsp drippings from Dutch oven. Add onions and garlic to Dutch oven and sauté, about 5 minutes. Return sausage to Dutch oven. Add stock, tomatoes, tomato sauce, zucchini, carrot, bell pepper, wine, basil and oregano. Simmer until vegetables are tender, about 40 minutes. (Can be prepared 2 days ahead. Cover and refrigerate. Bring to simmer before continuing.)

Add tortellini to soup and cook until tender, about 8 minutes. Season soup to taste with salt and pepper. Ladle soup into bowls. Sprinkle with Parmesan and serve!

Note: This hearty tortellini soup can be served as the main course.

PIZZA SOUP

Sheila Badour

1 Tbsp vegetable oil
1 small onion, chopped
1/2 cup sliced mushrooms
1/4 cup green pepper
28 oz can plum tomatoes
1 cup beef stock
1 cup thinly sliced pepperoni
1/2 Tbsp dried basil
1 cup shredded mozzarella

Saute pepperoni and vegetables in oil. In a pot, combine tomatoes, beef stock, basil, vegetables and pepperoni. Simmer 1 hour.

Place equal portions in French onion soup bowls; top with cheese. Place under broiler for 10 minutes or until toasted. Serves 4 to 6.

CHUNKY PIZZA SOUP (Microwave)

Carolyn Roberts

1/2 cup sliced mushrooms
1 small onion
1/4 cup slivered green pepper
1 clove garlic, crushed
1 Tbsp vegetable oil
1 tin tomatoes, undrained
1 cup thinly sliced pepperoni
1/2 cup beef stock
1/2 tsp basil, salt and pepper
1 cup shredded mozzarella cheese

In 12 cup casserole, combine mushrooms, pepper, onion, garlic and oil. Cover and microwave on High for 3 to 5 minutes. Stir once. Stir in tomatoes, pepperoni, beef stock and basil. Cover and microwave on High for 10 to 15 minutes. Stir once. Season with salt and pepper to taste.

Ladle into bowls and sprinkle with 1/4 cup shredded cheese each. Microwave uncovered at Medium for 1 to 1.5 minutes (each). Serve immediately. Yield: 4 generous servings.

MINESTRONE SOUP WITH SHELLS

Kim Kramer

1 to 2 Tbsp oil
1 onion, chopped
1 carrot, chopped
1 stalk celery, chopped
1 1/2 cups chopped cabbage
4 cups water
3 (10 oz) cans chicken or vegetable broth
19 oz can tomatoes, chopped with liquid
3/4 cup small pasta shells
14 oz can red or white kidney beans, drained
3 cloves minced garlic
2 Tbsp parsley
Grated Parmesan cheese, optional

Add onion, carrot, celery and cabbage to 1 to 2 Tbsp oil. Cook 5 minutes. Stir in water, broth and tomatoes. Bring to boil. Reduce heat; simmer covered for 15 minutes. Stir in shells and cook uncovered for 15 minutes. Stir in beans, garlic and parsley. Heat and serve. Sprinkle with Parmesan cheese (optional).

Habit can be your best friend, or your worst enemy.

VEGETABLE LENTIL SOUP

Kim Kramer

1 Tbsp oil
1 onion, chopped
1 tsp garlic, minced
2 carrots, chopped
1 celery stick, chopped
1 cup vegetable stock
14 oz can lentils
14 oz can tomatoes
1/2 tsp savory
1/2 tsp thyme
Pepper, to taste

Saute onion and garlic in oil in a large saucepan over medium heat. Add carrots and celery to saucepan and cook for 1 minute. Then add vegetable stock, lentils, tomatoes, savory, thyme and pepper and bring to a boil. Reduce heat and simmer for 20 minutes.

GRANDPA MIKE'S HOMEMADE SOUP

Kelly Nickerson

Large beef soup bone
1/2 cup tomato juice
1 cup onion, chopped small
1 cup finely cut carrots
1/3 cup barley
1 cup macaroni
1 cup chopped canned tomatoes, optional
1 Tbsp each parsley and Italian seasoning
Salt and pepper, to taste

In large pot, boil soup bone until marrow is soft, about 45 minutes to 1 hour. Pour in tomato juice, barley, carrots and let simmer 30 minutes or until barley puffs up. Add onions, macaroni, chopped tomatoes, parsley and Italian seasoning, salt and pepper. Simmer until macaroni is cooked then serve.

HAMBURGER SOUP

Susan McMullin
T. Roberts

1 lb hamburger
5 cups water
16 oz can stewed chopped tomatoes
1 cup chopped onions
1 cup sliced carrots
1 cup chopped celery
1/3 cup barley, optional
1 tsp beef bouillon granules
2 tsp seasoned salt
1 tsp basil
1 bay leaf
Salt and pepper, to taste
10 oz frozen peas
10 oz frozen corn

In soup pot, brown hamburger, stirring slightly to break up larger pieces. Drain off excess fat. Add remaining ingredients to salt and pepper. Bring to boil then simmer, covered, 1 hour. Season to taste. Remove bay leaf. Makes 10 cups. Serve with whole wheat buns or bread.

VICHYSSOISE (Leek & Potato Soup)

Pam Robertson

3 medium leeks, white parts, minced
1 medium onion, minced
2 Tbsp butter
4 medium potatoes, peeled, diced
4 cups chicken broth
1 cup table cream
Salt and pepper, to taste
Parsley, chopped, to taste

Sauté minced leeks and onions in butter. Add diced potatoes and broth; simmer 15 minutes or until tender. Put in blender, in batches, until fairly smooth. Pour into pot, add cream and seasonings and gently heat until hot, stirring occasionally. (May also be served very cold, if desired.) Garnish with parsley. Serves 4 to 6.

Note: Recipe can easily be doubled (or tripled, as in our household; my husband loves this stuff!).

EASY CHEESY SAUCE

April Fisher

2 Tbsp butter
5 slices process cheese
3 Tbsp Cheez Whiz
Touch of white wine, optional
1/2 cup milk
2 tsp cornstarch
Water

Melt butter over medium-low heat. Add cheese slices and Cheez Whiz (wine). Once melted, add milk and mix well. Place cornstarch in a cup and add enough water to dissolve cornstarch. Add cornstarch mixture to pot, a little bit at a time, stirring constantly until sauce thickens.

PLUM SAUCE

The Berry and Shamess Family

1 cup sugar
1/3 cup white vinegar
1 jar baby apricot, junior
Salt
Nutmeg

Mix all ingredients in a saucepan and cook over medium heat until mixture boils and thickens. Excellent as a dipping sauce for chicken fingers.

BARBECUE SAUCE FOR SPARERIBS

Susan Malis

1/2 cup apple sauce
1/3 cup ketchup
1/3 cup beer
2 cups brown sugar
6 Tbsp lemon juice
1/2 tsp each salt, pepper, paprika, cinnamon and garlic powder

Combine all ingredients in a saucepan and bring to a boil until sauce thickens. Use to marinate ribs and to baste or simply as a sauce while cooking.

BILL'S ALMOST WORLD FAMOUS SPAGHETTI SAUCE

Bill Tomka

1 cup chopped onion
2 cloves garlic (minced)
3 Tbsp vegetable or olive oil
2 lb lean ground beef
28 oz can tomatoes (crushed)
48 oz tomato juice
2 (13 oz) cans tomato paste
2 Tbsp salt
1 Tbsp freshly ground pepper
2 Tbsp oregano
6 bay leaves (whole)
Pasta

In large pot, brown chopped onion and garlic in oil. Meanwhile, brown ground beef in separate pan. Add crushed tomatoes, tomato paste and 2 (13 ounce) cans water to onion and garlic mixture. Bring to a boil over medium heat. Drain fat from ground beef and add to tomato mixture. Add salt, pepper, oregano and bay leaves. Bring to a mild boil then simmer for 1 hour, stirring occasionally. Additional salt and pepper to taste.

In large pot, combine 1 Tbsp oil with 8 cups water and bring to a boil. Add pasta and cook to al dente, 6 minutes. (Spaghetti pasta held with a diameter of a quarter coin is equivalent to 1 serving.) Drain in colander, serve piping hot on plates and add sauce.

Note: We freeze this sauce in 2 cup containers for additional meals.

POPPY SEED SALAD DRESSING

Alison Purdy

1/3 cup honey
2 Tbsp vinegar
1 Tbsp prepared mustard
3/4 cup salad oil (light olive oil)
1 tsp onion (dehydrated minced onion works well)
1 Tbsp poppy seed

Mix all ingredients. Place in a sealed container so mixture can be shaken before serving. Delicious on mixed greens or pasta. Recipe can be doubled or tripled. It stores well in fridge in a sealed container. Shake before using.

CHINESE LETTUCE SALAD

"Miss Helen" (Sheehan)

1 bunch romaine lettuce
2 Tbsp butter
6 green onions, thinly sliced
2 pkg Mr. Noodles, scrunched (omit pkg seasoning)
1/2 cup sesame seeds
1/2 cup slivered almonds
1/2 cup pine nuts
Dressing:
1/2 cup white sugar
1/2 cup vinegar
1/2 cup olive oil
4 tsp Kikkoman soy sauce

Slice romaine in 1/2 inch strips; place in bowl. Stir fry next 7 ingredients until golden; set aside to cool. When cool, toss with romaine.

Make dressing in pot on stove. Heat to blend, not boil. Cool. Pour cooled dressing over salad, just before serving.

TERESA'S SALAD

Teresa Charleau

Dressing:
1/2 cup oil
2 Tbsp red wine vinegar
1/2 tsp Dijon mustard
Salt and pepper
1/4 cup sour cream
1 Tbsp sugar
Salad:
1 head lettuce (not iceberg)
1/4 cup bacon (crumbled)
1/4 cup mushrooms (sliced)
1/2 shredded mozzarella cheese
2 hard boiled eggs
1/4 cup green onions
1/4 cup slivered almonds (toasted)

Dressing can be made the night before.

DIANE'S CRUNCHY COLESLAW

Terri Tomchyshyn

1 medium heat cabbage
1 green and 1 red pepper
1 Spanish onion
2/3 cup white sugar
2/3 cup salad oil
1 cup vinegar
1 tsp salt
1 tsp celery salt

Shred cabbage and onions; place in a large bowl with chopped peppers. Boil sugar, oil, vinegar and salts in a pot. Pour over cabbage mix and let cool to room temperature.

This salad will keep fresh and crisp for weeks if refrigerated.

GARLIC LOVERS SALAD

Luke's and Jack's mom

3 to 4 cloves garlic, chopped finely
1/2 cup olive oil (not virgin or extra virgin)
2 Tbsp red wine vinegar
1 tsp Dijon mustard
1/3 cup pine nuts
1/3 to 1/2 cup grated Parmesan cheese
1 head romaine lettuce

Wash and cut lettuce. Lightly toast pine nuts.

Prepare dressing 1 to 1 1/2 hours before serving, no earlier or will not have the right taste.

Measure 1/2 cup olive oil into measuring cup. Add garlic, red wine vinegar and Dijon mustard. Stir to mix ingredients together. Let stand at room temperature and stir occasionally.

Add dressing to romaine lettuce. Add Parmesan cheese and pine nuts. Toss and serve.

SUMMER PASTA SALAD

Linda Grimble

2 1/4 cups dry small shell pasta
1/4 cup oil
1/4 cup mayonnaise
2 Tbsp red wine vinegar
2 Tbsp icing sugar
1 tsp garlic salt
2 Tbsp basil
4 green onions, minced
2 tomatoes, chopped
1/2 bacon, well cooked

Mix together oil, mayonnaise (or Miracle Whip), red wine vinegar, icing sugar, salt and basil. Cook pasta al dente. Chop green onions and tomatoes and crumble bacon. When ready to serve the salad, pour dressing over pasta and toss it with onions, tomatoes and bacon.

Dressing, toppings and pasta can all be prepared a day in advance and then assembled just before serving.

COLD PASTA SALAD

Kathy
Mother of Kristina and Marcello Giacione

1 cup shell pasta, cooked
1/4 cup chopped ham
1/2 cup Miracle Whip
2 Tbsp milk
1 cup tomatoes, chopped
1 cup onions, chopped
1/2 tsp salt
1/4 cup Parmesan cheese

Cook pasta; drain. Mix everything together. Let cool in fridge about 1 hour before serving. Add more milk if not creamy enough. Serves 4 to 5.

SUMMER PASTA SALAD

Mary McDonough
Shawn and Jessica

6 cups cooked rotini
1 can tuna, drained
1/4 cup red onion, chopped
1/4 cup green pepper, chopped
1/4 cup red pepper, chopped
1/2 cup celery, chopped
Dressing:
3/4 cup mayonnaise
3/4 cup Italian salad dressing
1/4 cup Parmesan

Add first 6 ingredients in a large bowl.

In large mixing cup, add mayonnaise, Italian salad dressing and Parmesan. Mix with spoon until creamy. Pour dressing mixture over pasta and mix thoroughly. Sprinkle with fresh pepper if desired.

CHINESE RICE SALAD

The Durnings

Long grain rice (white)
Soy sauce (lots of splashes!)
4 stalks celery, chopped small
1 to 1 1/2 cups raw frozen peas
1 small bunch green onions, chopped
Garlic powder
Pepper
1 Tbsp lite oil
1 Tbsp vinegar
Dry chow mein noodles

Cook enough rice to make about 3 cups cooked rice. Let cool to almost room temperature. Add celery, peas and onions. Add oil and stir. Add vinegar then pepper and garlic to taste. Add about 4 to 5 Tbsp soy sauce, enough to make everything covered well. Rice should no longer be white. Refrigerate until ready to serve. Crumble about 2 handfuls chow mein noodles into salad and stir when ready to serve.

CURRY RICE SALAD

Shawna English

2 cups uncooked rice
2 cups chopped celery
1 can peas
1/4 cup onions
1/2 cup white sugar
2 tsp curry powder
3 to 4 tsp soya sauce
1/3 cup vinegar
1/2 cup cooking oil
1 tsp salt

Cook rice and add celery, peas and onions. In a separate bowl, mix remaining ingredients. Add rice and mix well. Refrigerate up to 7 days. Stir before serving. Tastes best if made the day before.

BROCCOLI SALAD

Dana Carrier

3 heads broccoli
3/4 lb cooked crumbled bacon
1/2 cup white or black raisins
1 cup sunflower seeds
1 cup chopped red onion
1 cup mayonnaise
1/4 cup sugar
2 Tbsp white vinegar

Toss first 5 ingredients together. Mix mayonnaise, sugar and vinegar. Toss dressing with veggie mix. Let sit in fridge for several hours before serving. Serves 6 to 8.

BROCCOLI SALAD

Shari Rochon

4 cups raw broccoli flowerets (bite size pieces)
1 medium onion, finely chopped
1 cup medium cheddar cheese, shredded
6 strips bacon, fried and crumbled
Dressing:
1/2 cup mayonnaise (Miracle Whip)
1 tsp vinegar
1 tsp sugar

Mix dressing ingredients.

Combine with rest of salad ingredients. Add dressing and mix thoroughly. Chill until serving.

24 HOUR MARINATED VEGETABLE SALAD

Irene Chahley

2 cups (500 mL) celery
2 cups (500 mL) carrots
3 cups (750 mL) broccoli florets
1 small head cauliflower
1 green pepper
2 cups (500 mL) whole cherry tomatoes
1 can button mushrooms, drained
1 bottle Italian dressing

Wash and cut celery, carrots, broccoli, cauliflower and green peppers into bite size pieces. Place in a large bowl. Add whole cherry tomatoes and canned button mushrooms. Pour over 1 bottle Italian dressing. Stir. Cover for 24 hours. Stir periodically.

This is a simple, delicious and easy salad to make. Experiment with different colours such as either yellow, red or orange peppers. You may use low calorie dressing.

VEGGIE SALAD

Colleen Imbesi

1 head broccoli
1 head cauliflower
1 cup raisins
1 cup pine nuts or sunflower seeds
1 cup finely cut onion
1 cup mayonnaise
1/2 cup sugar
2 tsp vinegar

Cut broccoli and cauliflower in pieces. Mix mayonnaise, sugar and vinegar together. Pour over broccoli and cauliflower. Add in raisins, nuts and onion.

Very simple, nutritious salad that tastes wonderful! Fool the kids!

TACO SALAD

Charlene Flynn

1 lb ground beef
1 packet taco seasoning
1 small bottle light Kraft French dressing
1/2 head lettuce, chopped up
1 large tomato, diced
1 medium size block grated medium cheddar cheese
Nacho chips

Brown ground beef and drain. Add taco seasoning and French dressing. Cool in fridge for a couple of hours.

In a large bowl, put ground beef mixture on the bottom and then put on a layer of chopped up lettuce, then tomatoes, then the grated cheese. On top of this, put on a thick layer of crushed up nacho chips. Put in the fridge overnight. Toss before serving.

This is great to make the night before a really busy day.

CAESAR SALAD À LA MADAME

Jill White

Romaine lettuce
Strawberries (quartered)
1/4 cup feta cheese (to taste)
Bacon bits (real, please!)

In a large salad bowl, place romaine lettuce, strawberries, crumbled cheese and bacon bits. Toss lightly and serve with any salad dressing. (I like balsamic vinaigrette.)

TABBOULEH

Jessica Nasrallah

1/2 cup fine cracked wheat (number 1 burghul)
5 to 6 cups parsley, well washed and finely chopped (about 5 large bunches)
1 cup fresh mint, finely chopped or 2 Tbsp dried mint, crushed
8 green onions, chopped
4 large tomatoes, finely chopped
2 tsp salt
1/2 tsp pepper
1/2 cup fresh lemon juice, or to taste
1/2 cup olive oil or vegetable oil

Rinse cracked wheat and soak in cold water for 20 minutes. Drain well, squeezing out excess moisture, and place in a large bowl. Add lemon juice, oil and seasoning to cracked wheat and set aside.

Combine parsley, mint, onions and tomatoes; add to cracked wheat mixture. Toss just before serving.

Can be prepared ahead. Lenten.

24 HOUR SALAD

Michelle Walczak

2 eggs
2 Tbsp sugar
2 Tbsp vinegar
2 Tbsp pineapple juice
14 oz can fruit cocktail, drained
14 oz can pineapple pieces, drained
1/2 cup seedless grapes (halved)
1 sliced banana
2 cups small marshmallows
1 cup whipping cream or 1 envelope topping
1 Tbsp butter
Pinch salt

Beat eggs with spoon in top of double boiler. Stir in sugar, vinegar, pineapple juice, butter and salt. Cook and stir over boiling water until thickened. Chill thoroughly.

Add well drained fruit cocktail and pineapple to chilled egg mixture. Add grape halves and banana and marshmallows.

Whip cream until stiff then fold into fruit and chill overnight for 24 hours.

Those who complain most are most to be complained of.

FUNNY FRUIT SALAD

Christina Kotula

1/2 lb acini de pepe (available at Loblaws, Unico brand)
1 large can crushed pineapple
1 large can mandarin oranges
3/4 cup sugar
2 beaten eggs
2 Tbsp flour
Fruit juice (from above)
1 tub Cool Whip

Cook pepe according to package directions. Rinse and drain. Drain well pineapple and mandarin oranges. Reserve juice! In saucepan, combine sugar, eggs, flour and reserved fruit juice. Stirring constantly, bring to a boil. Boil until thickened.

Place pepe in large bowl and pour sauce over. Stir in fruit. Refrigerate. Mix in Cool Whip. Refrigerate until served.

Vegetables

VEGETABLE COOKING TIMETABLE

	Boil	Steam	Pressure Cook (15 pounds pressure)	Bake (350°F.)
Asparagus, tied in bundles	15-20	30-40	9	
Beans, wax or green	15-25	30-35	2-2.5	
Beets, whole	25-45		15-18	90
Beet greens (tops)	5-15			
Broccoli, stalks	10-15	15-20	1½-3	
Brussels sprouts	10-20	15-20	1-2	
Cabbage, green				
wedges	8-15	10-15	2-3	
shredded	4-8	8-12	½-1½	
Cabbage, red				
shredded	20-25	25-30	3-4	
Carrots, sliced	15-20	20-30	2-3	35-45
Cauliflower,				
whole	15-25	25-30	3-4	
flowerettes	10-15	10-20	1½-3	
Celery, diced	15-20	25-30	2-3	
Corn on the cob	8-10	10-15	½-1½	
Eggplant, sliced	10-20	15-20		30
Onions, small, whole	15-30	25-30	3-4	
Parsnips, quartered	20-30	30-45	10	
Peas	15-20	15-25	1	
Potatoes, whole	30-35	30-45	15	40-60
quartered	20-30	30-35	8	
Squash Hubbard, sliced	35-45	45-50	12-15	60-90
Squash, Summer, sliced	8-15	15-20	1½-3	30
Spinach	4-8	5-12		
Turnips, sliced	15-20	20-25	1½	

(All cooking times are in minutes)

Boiling: Add vegetables to boiling, salted water using as little water as possible. Cover saucepan. Bring water to a boil again and then reduce heat to a gentle boil. Cook until just tender. Drain; season to taste.

Steaming: Place vegetables in steamer basket just over, not touching, rapidly boiling water. Sprinkle with salt, cover, and cook until just tender. Drain; season to taste.

Pressure Cooking: A quick way to cook vegetables; helps retain color, flavor and nutrients. Follow manufacturer's instructions carefully.

Baking: Place prepared vegetables in a greased baking dish with a small amount of water; season, dot with butter, cover and bake. Potatoes and squash are best baked dry in their skin. Baking helps retain color, flavor and nutrients. Vegetables can often be baked in the oven alongside another part of the meal.

Note: Whatever the method of preparation be careful to avoid overcooking. Always cook vegetables until just tender so as to retain color, maximum flavor and nutritional value.

CREAMY VEGETABLE CASSEROLE

Pam LeDuc

10 cups combination of carrots, broccoli, cauliflower and onions
2 Tbsp butter, melted
2 Tbsp flour
1 1/2 cups milk
1/4 tsp salt
Dash pepper
4 oz pkg cream cheese, cubed
1/4 cup cheddar cheese, grated
1/2 cup dry bread crumbs
1 Tbsp butter, melted
1/4 cup Parmesan cheese

Separate cauliflower flowerets. Cut broccoli heads and stems into bite sized portions. Slice carrots and onions. Boil vegetables gently about 10 minutes, until just tender. Drain well.

In a saucepan over medium heat, combine 2 Tbsp butter and flour. Add milk gradually, stirring constantly, and continue to heat until smooth and thickened. Add salt, pepper, cream cheese and cheddar cheese. Stir until melted and smooth. Stir in vegetables and place in greased casserole dishes.

Combine bread crumbs with 1 Tbsp melted butter and Parmesan cheese. Sprinkle over top casserole. Bake uncovered at 350°F for 30 minutes.

CURRIED CAULIFLOWER

Sharon MacLachlan

1 large cauliflower
1/2 tsp salt
1 can cream of chicken soup
1 cup shredded cheddar cheese
1/3 cup mayonnaise
1 tsp curry powder
1/4 cup bread crumbs
2 Tbsp margarine, melted

Break cauliflower into flowerets and cook in salt until tender. Drain well. Meanwhile, in 2 quart casserole, stir together undiluted soup, cheese, mayonnaise and curry powder. Add cauliflower and mix well. Toss bread crumbs in margarine and sprinkle on top. Bake and serve hot.

Baking Time: 30 minutes at 350°F. Serves 6.

GRILLED MIXED VEGETABLES WITH DIJON VINAIGRETTE

J. Slack

8 to 10 jumbo mushrooms
8 to 10 shiitake mushrooms
1 small zucchini
1 small eggplant
1 each red and yellow bell pepper
10 to 12 thin asparagus
1 red onion
6 cloves peeled garlic
Dijon Vinaigrette:
1/3 cup balsamic vinegar
1 Tbsp Dijon mustard
2 cloves garlic, finely chopped
2 to 3 Tbsp chopped fresh coriander
3/4 cup extra virgin olive oil

Slice jumbo and shiitake mushrooms into halves or quarters, depending on size. Cut zucchini and eggplant in 1/2 lengthwise, then cut into 1/4 to 1/2 inch slices. Cut red and yellow peppers in 1/2 (remove seeds). Cut each 1/2 into 4 strips. Trim coarse ends off asparagus. Blanch in salt water (or soak for 5 minutes in water and microwave 2 minutes without water). Slice top off onion and peel, keeping root end intact. Cut each 1/2 into quarters cut through root so wedges hold together. Blanch garlic in salted water (or microwave for 1 minute with water).

Place vegetables in grill basket and grill over medium heat, turning periodically until tender.

Meanwhile, prepare Dijon Vinaigrette. Mix together vinegar, mustard, garlic, coriander. Gradually whisk in olive oil until thickened. Add enough vinaigrette to vegetables to coat. Toss lightly and serve at room temperature.

You can also marinate the vegetables in the vinaigrette for 1/2 to 1 hour before grilling then serve hot.

BROCCOLI-RICE CASSEROLE

Cindy Keywood
Stephanie, Tyler

1 cup chopped celery
1/2 cup chopped onion
3 Tbsp vegetable oil
1 can cream of chicken soup
1 cup milk
4 oz jar Cheez Whiz
1 1/2 cups frozen chopped broccoli
3/4 cup Minute Rice

Simmer celery, onions in vegetable oil in frying pan for 10 minutes. Add chicken soup, milk and Cheez Whiz; blend well. Add broccoli and rice. Pour into casserole dish, cover and bake at 350°F for 1 hour.

VEGETABLE CURRY

Sarath Khun

1 Tbsp vegetable oil
1 onion, coarsely chopped
4 cloves garlic, minced
1 large sweet potato, peeled and cubed
2 carrots, sliced
1 hot banana pepper, seeded and finely chopped
4 tsp curry powder
1 cup vegetable stock
1 yellow zucchini
1 sweet red pepper
1 cup cut green beans
1 cup drained canned chickpeas
2 tsp lime juice
Salt and pepper, to taste

In nonstick Dutch oven, heat oil over medium heat. Cook onion and garlic, cover for 3 to 5 minutes until softened. Add sweet potatoes, carrots, hot banana pepper and curry powder. Cook, stirring for 2 minutes or until fragrant. Stir in stock, cover and simmer, stirring occasionally for 8 minutes or until vegetables are tender.

Cut zucchini into thick finger length strips. Cut red pepper into 1/2 inch wide strips. Add zucchini, red pepper and green beans to pot; simmer. Stir in chickpeas and lime juice; heat through. Season with salt and pepper. Serve over couscous. Makes 6 servings.

EASY RICE BAKE

Sharon Groulx

1 cup uncooked long grain rice
2 Tbsp cooking oil
10 oz can mushrooms and juice
3 Tbsp onion soup mix
3 Tbsp soya sauce (adjust to taste)
1/4 cup chopped green pepper
1 3/4 cups boiling water

Stir all ingredients together and bake in covered casserole for about 1 hour at 350°F. Serves 4 to 6 people.

GERMAN POTATO SALAD

The Berry and Shamess Family

Small grelot potatoes, halved
6 bacon slices
2 green onions, chopped
2 Tbsp all purpose flour
1/4 cup vinegar
3/4 cup water
1 tsp sugar
Salt and pepper, to taste

Cook potatoes and keep hot. Fry bacon. Remove and crumble. Fry onion in bacon fat. Remove and set aside with bacon. Stir in flour. Add vinegar and water. Stir until thickened. Stir in sugar, salt and pepper. Add bacon and onions. Pour over hot potatoes. Toss and serve hot.

CREAMY SCALLOPED POTATOES

Lise Williams

2 lb potatoes (about 6 medium)
3 Tbsp flour
1/4 tsp pepper
1 small onion, finely chopped (approx 1/4 cup)
3 Tbsp margarine or butter
1 tsp salt
2 1/2 cups milk
1 Tbsp butter

Cut potatoes into thin slices. Heat 3 Tbsp butter in saucepan over low heat until melted. Blend in flour, salt and pepper. Cook over low heat, stirring constantly until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Arrange potatoes in greased 2 quart casserole in 3 layers, topping each of the first 2 layers with 1/2 of the onion and 1/3 of the white sauce. Top with remaining potatoes and sauce. Dot with 1 Tbsp butter. Cover and cook in 325°F oven 40 minutes or in 350°F oven 30 minutes. Uncover and cook until potatoes are tender, 60 to 70 minutes longer. Let stand 5 to 10 minutes before serving. Makes approx 6 servings.

SCALLOPED POTATOES WITH HERB CHEESE

Susan Malis

2 Tbsp butter
2 Tbsp flour
2 1/2 cups milk
4 oz herbed cream cheese
3/4 cup grated Swiss cheese
1/2 tsp salt
1/4 tsp pepper
Pinch nutmeg
5 medium potatoes
1/4 cup grated Parmesan cheese

Sauce: Melt butter in saucepan. Whisk in flour. Cook 2 to 3 minutes. Stirring constantly, whisk in milk. Bring to a boil. Reduce heat and simmer. Add herbed cheese, Swiss cheese, salt, pepper and nutmeg. Stir until cheese is melted.

Slice peeled potatoes. Layer potatoes and sauce alternately in buttered 8x8 inch casserole dish, ending with sauce. Sprinkle with Parmesan cheese. Bake at 350°F for 1 hour and 20 minutes. Let stand 5 to 10 minutes. To reheat and serve next day, cover and bake at 200°F for 20 to 30 minutes.

SWEDISH STYLE ROAST POTATOES

Rosalie O'Hearn

3 potatoes
1 1/2 Tbsp melted butter
1/2 tsp salt
1 Tbsp bread crumbs
1 Tbsp Parmesan cheese

Heat oven to 425°F. Peel potatoes. Put each potato into deep spoon and slice down to edge of spoon. Slices should be 1/8 inch apart.

Put potatoes, cut side up, in large buttered baking dish. Baste with some butter. Sprinkle with salt. Cook 30 minutes in preheated 425°F oven. Sprinkle with crumbs and baste with remaining butter. Cook 15 minutes or until golden brown and tender. Add cheese 5 minutes before done.

POTATO CASSEROLE

Sharon McCarter

6 big potatoes
3/4 cup sour cream
4 or 5 green onions
1 1/2 cups shredded cheese
1 1/2 tsp salt
1/4 tsp pepper
Paprika

Cook potatoes in jackets (skin). Bake or boil. Shred on your grater (messy, but worth it). Stir in other ingredients. Save 1/2 cup cheese for topping. Put all in buttered casserole. Cover; refrigerate overnight or for several hours. Bake uncovered at 350°F for 30 to 40 minutes till hot and sizzly.

BREAKFAST LASAGNA

Sharon May

1 large bag frozen hash browns
1 medium to large onion
1/2 to 1 lb bacon, crisp and diced
1 can cream of mushroom soup
1/2 to 3/4 container sour cream
2 to 3 cups shredded cheese of choice (I use cheddar and mozzarella)

Place hash browns in a large (lasagna) pan. Cover with onion. Combine sour cream and soup; pour over onion and hash browns. Spread diced cooked bacon. Cover with cheese. Cover with foil and bake at 325°F for 1 hour.

HASH BROWN CASSEROLE

The McCullagh Family

1 kg bag frozen hash browns
1/4 cup melted butter
Salt/pepper
1 onion, diced
2 cans cream of mushroom soup
500 mL container sour cream
1 cup grated cheese

Mix all ingredients together and spread in greased 9x13 inch pan. Top with grated cheese. Cook at 325°F for 1 1/2 hours, uncovered.

TRADITIONAL SWISS CHEESE PIE

Heidi Merkli
Library Technician

1 brick Swiss cheese
5 medium potatoes
2 onions
2 cloves garlic
4 eggs
Milk
Pie crust mix

Make pie crust from scratch or from package, enough to cover a large pizza pan. Grease and flour a large pizza pan with a ridge. Boil potatoes and mash. Add milk and butter as desired. Chop onion and garlic and lightly cook for 3 to 5 minutes. Do not overcook.

Preheat oven to 350°F for 15 minutes. Precook pie crust for 5 to 7 minutes. Spread cooked onions and garlic on pie crust. Beat 2 eggs and pour over onion mixture, enough to cover. Then spread mashed potatoes over eggs and onion mixture. Grate cheese and sprinkle over potatoes. Beat the last 2 eggs and pour over cheese, enough to cover. Cook for 25 to 30 minutes until pie crust is golden brown. Let cool for 5 minutes, cut and serve!

This is a traditional dish from Switzerland, which can be served with steamed vegetables or salad. Feeds 4 - 6 persons.

Main Dishes

TIMETABLE FOR ROASTING MEAT AND POULTRY AT 325 °F

— Roast uncovered with no liquid added.

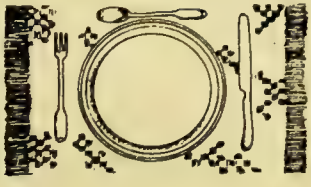
— Times are approximate; for accurate results use a meat thermometer.

	Ready to Cook Weight (lbs.)	Approximate Time Required to Roast (hours)	Internal Temperature (°Fahrenheit)
Beef roasts	4-6	2-2½ (rare) 2½-3½ (medium) 2¾-4 (well done)	140° 150° 170°
Veal roasts	3-5	2-3½ (well done)	180°
Lamb roasts	3-5	2-3 (medium) 2¼-3¼ (well done)	145° 170°
Pork loin roasts	4-6	2¼-3½ (well done) 3½-4 (well done)	180° 185°
Ham, cook before eating	5-7	2½-3½	170°
Ham, fully cooked	2-7	1½-2	130°
Chicken broilers or fryers, stuffed	1½-2½ 2½-4½	1-2* 2-3½	185°
Turkey roasters, stuffed	8-12 12-16 16-20 20-24	3½-4½* 4½-5½ 5½-6½ 6½-7	185°

*Poultry without stuffing may take less time.

COOKING GUIDE FOR EGG, MILK, MEAT AND CHEESE DISHES

	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Souffles	350° - 375°	30 - 60
Macaroni and Cheese	350° - 375°	25 - 45
Lasagne	350° - 375°	30 - 45
Meatloaf	350°	60 - 90
Meat Pie	400°	25 - 30
Casseroles	350° - 375°	25 - 40
Scalloped Potatoes	350°	50 - 60
Quiche	375° - 400°	35 - 45
Pizza	400° - 425°	20 - 30



GARDEN PIZZA

Mackenzie Arnold

2 large eggs
3 cups cooked brown rice, cooled
2 cups mozzarella cheese
1/2 cup sesame seeds
3 Tbsp butter
3 Tbsp flour
1 chicken, beef or veggie bouillon cube
1 1/2 cups milk
4 raw mushrooms, sliced
2 medium tomatoes, chopped
1 cup broccoli florets, cooked
1/2 tsp garlic salt

Preheat oven to 450°F. Lightly grease 12 inch pizza pan. Break eggs into medium bowl; whisk. Add cooked rice, 1 cup cheese, sesame seeds. Stir until evenly blended. Spread on pizza sheet. Bake 15 minutes or until set and golden. Cool. Reduce heat to 400°F.

Melt butter in saucepan over medium-low heat. Add flour; stir. Do not brown. Sprinkle bouillon over flour mixture. Gradually add milk. Whisk continually, about 10 minutes, until sauce is thick and smooth. Pour over pizza crust; spread evenly to rim. Top with mushrooms, tomatoes, broccoli; sprinkle with garlic and remaining cheese. Bake 15 to 20 minutes.

PIZZA

Thomas Raftis

Sauce:
28 oz tin tomatoes
1 tsp sugar
2 tsp oregano
1/4 cup salad oil
Salt and pepper

Dough:
1 pkg yeast
1 cup warm water
2 tsp sugar
1 egg
1/2 cup salad oil
3 1/2 to 4 cups flour
1 tsp salt

Dough: Dissolve yeast and sugar into warm water. Let stand for 10 minutes. Beat egg, salad oil, yeast mixture, salt and flour. Knead together then let dough stand 1 1/2 to 2 hours. It should double in bulk. Cut into 3 portions. Roll out into pans (either round pizza pan or jelly roll pan).

Sauce: Mix all ingredients together and simmer on stove for 20 minutes.

Pizzas: Pour sauce on dough to cover. Sprinkle with your favorite toppings, i.e. mushrooms, pepperoni, etc. Pour remaining sauce over toppings and then sprinkle grated mozzarella cheese on top. Bake at 375°F for 20 minutes.

CHICAGO STYLE STUFFED PIZZA WITH SPINACH

Cecilia Jorgenson

Dough:
3 tsp sugar
2 pkg active dry yeast
1 1/4 cups warm water (105°F to 115°F)
3 1/4 cups (more or less) bread flour
1 tsp salt
4 Tbsp vegetable oil
Sauce:
28 oz can tomatoes
2 Tbsp olive oil
1 tsp oregano
2 tsp fresh basil or 1 tsp dried basil
1 tsp salt
1 clove garlic, crushed
1/4 cup grated Parmesan
Filling:
1/4 lb fresh spinach
8 oz mozzarella cheese, grated

Dough: Dissolve sugar and yeast in water. Set aside. Mix flour and salt in large bowl. Make a well in flour; add yeast mixture and vegetable oil. Mix and knead thoroughly until a rough mass of dough is formed that cleans side of bowl. Turn dough out onto floured work surface; knead 5 to 6 minutes until dough is smooth and soft. Dust with flour if dough sticks to your hands. Dust dough lightly with flour; place in lightly floured mixing bowl. Cover bowl with plastic wrap and a kitchen towel. Set in a warm place to rise for 1 to 1 1/2 hours, until doubled in bulk.

Punch down dough; turn out onto a work surface and knead for about 1 minute. Divide dough into pieces, 1 slightly larger (total of 2 pieces). Roll out large piece until it is 3 inches larger than the pan and 1/8 inch thick (12 inch pizza pan, 2 inches deep). Oil bottom and sides. The dough should overlap the pan by about 1 inch. Trim off excess overlap with a knife. Set pan aside. Roll out second piece of dough until it is about the same size as the pan.

Sauce: Crush canned tomatoes with your hands and then add remaining ingredients. Do not cook.

Stuffing: Wash spinach thoroughly and dry it completely. Remove stems. Finely chop leaves (food processor works nicely). In mixing bowl, combine spinach and mozzarella.

To Assemble and Bake: Preheat oven to 475°F. Put spinach and cheese mixture into pan. Lay the second piece of dough over spinach-cheese mixture. Crimp the 2 edges together with your fingers to form a thick border. Press down on filling with your hand. Cut a 1 inch slit in the center of the top crust to allow steam to escape.

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Spread tomato mixture evenly over top crust. Bake pizza in preheated oven, on lowest rack, for 10 minutes. Move pizza to an oven rack 2 slots above the lower rack and bake an additional 25 to 30 minutes until crust is lightly browned.

Note: Dough can be made in a bread machine. Add ingredients to bread machine in order directed in manual. Remove dough from bread machine; let rest 5 minutes. Continue with recipe at point where you divide the dough.

MOM'S BEST PIZZA

Jana Scherr

Crust:
2 Tbsp yeast
1 cup warm water
3 cups flour
1 tsp salt
2 tsp sugar
2 Tbsp vegetable oil
Sauce:
3 Tbsp oil
3/4 cup chopped onion
3 cloves garlic
28 oz can tomatoes
13 oz can tomato paste
3 tsp oregano
1 1/2 tsp sugar
1 tsp salt
1/4 tsp pepper

Preheat oven to 400°F.

Sauce: Sauté onions and garlic in oil. Purée tomatoes and add to onions and garlic. Add tomato paste, oregano, sugar, salt and pepper. Bring to a boil and simmer for an hour. Makes enough sauce for 6 to 8 pizzas. Extra sauce can be frozen.

Dough: Combine yeast, flour, salt, sugar, oil and water. Knead well. Let rise 1 hour and punch down. Spread onto pizza pan or cookie sheet. Dough mix makes enough for 1 pizza. Double or triple recipe for more pizzas. Spread dough onto greased pan and let rise for 10 minutes.

Top with sauce and all of your favorite toppings. Bake for 20 minutes.

Only two groups of people fall
for flattery - men and women.

SAUCY ORIENTAL STEAK

Pamala Arsenault

1/2 kg beef fondue cubes or inside steak
1 Tbsp garlic powder
1 pkg onion soup
1 large tomato
1 large green pepper
1 small onion
1 small can mushrooms
1 1/2 tsp cornstarch
Water

Brown beef. Drain meat. Add garlic powder, package of onion soup, sliced tomato, sliced green pepper, sliced onion, drained mushrooms and 1 1/2 cups water. Simmer covered for 30 minutes. Then add 1 1/2 tsp cornstarch blended with 1/4 cup water. Bring to a boil; simmer, stirring until thickened.

Best served over a bed of rice.

CHILI MEATBALLS

Shaleen Klimpel

2 bottles chili (Heinz) sauce (larger bottles)
1 large bottle ginger ale
4 onions
3 lb hamburger meat
1 grated potato
1 Tbsp Worcestershire sauce

In large corn pot, add chili sauce and ginger ale. Brown onions slightly and add to chili/ginger ale sauce. Bring to a boil.

To make meatballs, mix to meat the grated potato and Worcestershire sauce. Roll and make into meatballs. Throw the mixed meatballs into the boiled chili/ginger ale/onion mixture. Turn down heat and cover with lid (leave a little space open). Cook for 1 hour on simmer. Remove lid; cook for 15 minutes.

Enjoy! Can put meatballs on rice or noodles.

SWEET AND SOUR MEATBALLS

Karen Bryson

2 lb hamburger
1 egg, slightly beaten
1 onion, finely chopped
Salt and pepper
250 mL bottle chili sauce
250 mL bottle grape jelly
Juice of 1 lemon

Combine hamburger, egg, onion, salt and pepper. Roll into small meatballs.

In saucepan, combine chili sauce, grape jelly and lemon. Let melt slowly on low heat. Then, gently add meatballs. Do not stir. Shake pot to let meatballs sink down. Simmer for 1 1/2 hours.

SPICY MEATBALLS IN SAUCE

Gail Casselman

2 lb ground beef
1 medium onion, chopped finely
1/4 red and 1/4 green pepper, chopped
2 tsp salt
1/2 tsp pepper
1/2 tsp thyme
2 Tbsp tomato ketchup
1 egg, slightly beaten
3 Tbsp oil
10 oz can undiluted tomato soup
14 oz can tomato sauce
2 Tbsp lemon juice
6 Tbsp brown sugar
Salt and pepper, to taste

Combine ground beef, onion, peppers, salt, pepper, thyme, ketchup and egg; blend well. Shape into balls. Brown at 300°F to 325°F in hot oil in electric skillet. Remove and set aside. Rinse skillet.

To prepare sauce, combine soup, sauce, lemon juice, brown sugar, salt and pepper in electric skillet. Bring to a boil, stirring constantly. Reduce heat to simmer.

Add meatballs, cover and cook 1 hour. Baste occasionally. Serve with rice and a salad. Serves 8.

ITALIAN MEATBALLS & RICE

Beverley Halcro

500 g lean hamburger
1/4 tsp Italian seasoning
1 medium green pepper, diced
8 jumbo mushrooms, sliced
2 carrots, peeled and diced
1 large can spaghetti sauce
Minute Rice
1/4 cup Parmesan cheese

Mix hamburger and Italian seasoning together; mix well. Make into meatballs. Place into electric frying pan. Fry until meatballs are brown (all sides). Add vegetables and stir fry 1 1/2 to 2 minutes. Add spaghetti sauce and equal amount of water (save can). Bring to boil. Add 1 can Minute Rice and 1/4 cup Parmesan cheese. Stir until rice is covered with sauce. Cover and simmer for 5 to 10 minutes (until liquid is absorbed). Serves 4 to 6.

Great with warm rolls and salad.

One person with courage makes a majority.

BEEF KABOBS

Elizabeth Moore

1 1/2 lb beef top round steak or sirloin, 1 inch thick
1/2 cup red wine
1/4 cup olive oil
1/4 cup soya sauce
1 medium onion, sliced in rings
2 garlic cloves, minced
2 tsp salt
1/4 tsp ground ginger
1 lb mushroom caps
1 green pepper, sliced in 1 inch squares
1 red pepper, sliced in 1 inch squares

Remove any excess fat from steak and cut into large cubes, approx 1 1/2 inches. Mix together red wine, olive oil, ginger, soya sauce, garlic and salt in a large bowl. Stir in beef cubes and marinate for minimum of 3 hours in refrigerator, stirring occasionally.

Drain meat, reserving marinade. Thread meat onto 18 inch long metal skewers, alternating between meat, onion, mushrooms, green and red peppers.

Place on lower grill over medium heat, turning and basting with reserved marinade frequently, for 15 minutes with lid down.

GREEN PEPPER STEAK

Eileen Moriarity

2 tsp (10 mL) vegetable cooking oil
1 lb (454 g) sirloin or round steak, boneless, cut into thin strips, all visible fat removed
2 tsp (10 mL) vegetable cooking oil
2 green peppers, cut into strips
1 medium onion, cut into strips
1 cup (250 mL) sliced celery
1 cup (250 mL) canned tomatoes
1/4 tsp (1 mL) garlic powder
1/4 tsp (1 mL) ginger
1/4 oz (6.5 g) packet beef bouillon (35% less salt)
2 cups (450 mL) sliced, fresh mushrooms
1/3 cup (75 mL) water
1/4 tsp (1 mL) granulated sugar
2 tsp (10 mL) light soy sauce (40% less salt)
1 Tbsp (15 mL) sherry or alcohol free sherry

Heat first amount of cooking oil in frying pan. Add beef. Fry until browned well. Remove to 2 quart (2.5 L) casserole.

Add second amount of cooking oil to frying pan. Add green pepper, onion and celery. Sauté until onion is clear. Add to casserole.

Add next 9 ingredients to casserole. Cover in 350°F oven for about 1 hour or more until meat is very tender. Makes 4 servings.

MAMA ELSIE'S CHILI

Joan Carmody

4 lb medium ground beef
48 oz can tomato juice
2 (10 oz) cans tomato soup
3 (14 oz) cans kidney beans, not drained
14 oz can beans with tomato sauce
2 (10 oz) cans mushrooms (keep juice and add if liquid is absorbed)
3 medium carrots, shredded
4 celery sticks, shredded
2 medium onions, chopped
1 tsp chili powder
1 Tbsp pepper
2 Tbsp white sugar
3 tsp salt
1/2 tsp poultry seasoning
1/2 tsp oregano
1 tsp crushed red pepper

Brown ground beef, drain fat, put in large pot. Add rest of ingredients. Simmer slowly, stirring occasionally until chili has decreased by 1/4.

CHILI FRANKS

Sylvia Flinn

2 Tbsp butter or margarine
1/2 cup chopped onion
1/2 cup chopped green pepper
1 lb hot dogs, cut into 1/2 inch pieces
14 oz can tomato sauce
1 1/2 tsp chili powder
1/4 tsp salt
1/4 tsp oregano
Pinch cayenne

In frying pan with lid, heat butter until foamy. Add onion and green pepper; cook until onion is transparent. Stir in remaining ingredients. Bring to a boil, cover, reduce heat and simmer for 30 minutes.

Serve over rice.

GREAT GRANDMA'S HONEY-BUTTERED CHICKEN

Elizabeth Tessier

6 boneless/skinless chicken breasts
1/2 cup honey
1/2 cup butter
3 Tbsp soya sauce
1/2 Tbsp onion flakes

Place chicken breasts in 2 inch deep glass baking dish. Melt together honey, butter and soya sauce (1 minute on High in microwave). Pour mixture over chicken breasts. Sprinkle with onion flakes.

Preheat oven to 400°F. Put in microwave for 10 minutes on Medium-High (with a cover, not sealed completely). Flip breasts and cook 2 more minutes. Put in oven for another 10 to 15 minutes to ensure completely cooked. Serve with sauce.

FRUITED CORNISH HENS

Lee Armstrong

2 Cornish hens (1 1/4 lb each)
2 Tbsp curry powder
1/2 cup mango chutney
1/4 cup lime juice
3/4 cup coarsely chopped Rome apple
3/4 cup coarsely chopped Anjou pear
3/4 cup coarsely chopped kiwifruit
3/4 cup cranberries

Remove and discard giblets from hens. Rinse hens under cold water; pat dry. Remove skin and trim excess fat; split hens in 1/2 lengthwise.

Rub hen halves with curry powder. Place hen halves, meaty sides up, in shallow roasting pan coated with cooking spray. Bake at 450°F for 25 minutes.

Combine chutney and lime juice; stir well. Reduce oven temperature to 350°F and brush chutney mixture over hens. Bake 25 minutes.

Arrange apple, pear, kiwifruit and cranberries around hen halves in pan; bake an additional 15 minutes or until hen juices run clear. Serves 4.

FAJITAS

Patricia O'Connor

3/4 lb boneless chicken breast
2 Tbsp olive oil
1 Tbsp lime juice
1 clove garlic, finely minced
1/2 tsp each chili powder and cumin
1/4 tsp each hot pepper flakes, pepper, salt
8 (8 inch/20 cm) flour tortillas
1 large onion
2 small sweet peppers (green, red or yellow)
Toppings:
Salsa, sour cream or thick yogurt, shredded cheese, chopped tomatoes, guacamole (optional)

Slice chicken into thin strips. In bowl, mix together 1 Tbsp olive oil, lime juice, garlic, chili powder, cumin, hot pepper flakes, black pepper and salt. Add chicken and stir to coat; set aside.

Wrap tortillas in foil and place in 350°F (180°C) oven for 5 to 10 minutes.

Cut onion in 1/2 lengthwise and slice into strips. Cut peppers into strips. In large skillet over medium-high heat, heat remaining 1 Tbsp oil. Add onions and peppers; cook, stirring for 3 to 4 minutes. Remove to bowl and set aside. Add chicken strips to skillet, Cook, stirring for 4 minutes. Return onions and peppers to skillet. Stir until hot, about 1 minute.

To serve, spoon 1 portion of chicken mixture down centre of tortilla. Top with toppings desired and fold.

CHICKEN CAESAR TORTILLA WRAP

Barbara Filoso

Boneless chicken, 1 per person
3 cheese ranch dressing
Romaine
Croutons
Cooked bacon, cut in 1 inch strips
Caesar dressing
9 inch tortillas, any flavour
Grated Parmesan cheese

Marinate chicken in 3 cheese dressing for 1/2 hour and bake at 350°F for 20 to 30 minutes until fully cooked. Bake covered as dressing will burn. Cool and slice into fingers. Brush tortillas with caesar dressing. Put some torn pieces of romaine on top; layer with chicken, bacon, croutons and cheese in centre of tortilla. Fold bottom of tortilla up 1/3 of the way. Fold left side then right; secure with toothpick.

CHICKEN WRAPS

Meghan Snider's mom

2 to 3 cloves garlic, crushed and diced
1/4 cup vegetable cooking oil
0.4 to 0.5 kg boneless, skinless chicken breast, diced (bite sized)
1/2 to 1 tsp salt, to taste
Black pepper, to taste
1 tsp ground coriander, to taste
1/2 tsp ground cumin, to taste
1/2 tsp ground turmeric, to taste
1/8 tsp cayenne pepper, to taste
1 to 2 capsful bottled lime juice
1 onion, diced
2 heaping Tbsp plain yoghurt
1 heaping Tbsp stirred tahini
1 tomato, diced
4 large soft tortillas (try flavoured ones!)
Shredded cheddar cheese, to taste

Heat large wok or skillet to 400°F. Add oil and garlic. Add chicken before garlic browns. Stir frequently; the wok is hot. Add salt, pepper, coriander, cumin, turmeric and cayenne. Keep stirring. Add onion. Keep stirring. (Need more oil? Food should not be sticking.) Add lime juice. Stirring frequently, cook chicken thoroughly. (It will turn opaque as it cooks; onion will become translucent.)

Once chicken is cooked through (cut a piece to check), reduce heat to simmer. Add yoghurt and tahini. Heat for 1 to 2 minutes, stirring frequently. Turn off wok. Add tomato and stir through.

Fill 4 tortillas. Top with cheese and roll the wraps. Maybe 10 minutes to cook. Serve with rice and tossed salad.

BAKED CRANBERRY CHICKEN

Nancy Stairs

1 to 2 lb boneless chicken breasts
1 can cranberry sauce
250 g bottle Russian salad dressing
1/2 pkg onion soup mix

Mix cranberry sauce, Russian salad dressing and onion soup mix together in a bowl. Lay chicken in baking dish and pour mixture over chicken, covering completely. Bake in 350°F oven for approx 45 to 60 minutes.

This is excellent served with rice, fresh vegetable and a garden salad for that special dinner party.

SWEET-SOUR CHICKEN

Jessica

1 large green pepper
1 medium carrot
1 clove garlic
8 oz can pineapple chunks
2 Tbsp cornstarch
1/3 cup honey
1/3 cup red wine vinegar
1 Tbsp soy sauce
1 1/2 lb whole chicken breasts, skinned, halved lengthwise and boned
1 beaten egg
1/4 cup water
1/4 cup cornstarch
1/4 cup all-purpose flour
1/2 tsp salt
Cooking oil, for deep fat frying
2 Tbsp cooking oil

Cut green pepper into 1/2 inch pieces, thinly slice carrot and mince garlic. Drain pineapple, reserving juice. Set aside pineapple chunks. Add enough water to reserved juice to make 1 cup liquid; stir liquid into cornstarch. Stir in honey, red wine vinegar and soy sauce.

Cut halved and boned chicken breasts into 1 inch pieces.

Prepare batter in a mixing bowl, combining egg and water. Add cornstarch, flour and salt; beat until smooth.

Dip chicken cubes in batter. Fry chicken cubes in deep frying hot oil for 5 to 6 minutes or until golden. Drain; keep chicken pieces warm.

In skillet over high heat, add 2 Tbsp cooking oil. Stir-fry garlic in hot oil for 30 seconds. Add green pepper and carrot; stir-fry 3 to 4 minutes.

Stir pineapple juice mixture into skillet. Cook and stir until thickened and bubbly. Cook and stir 1 to 2 minutes more. Add chicken and reserved pineapple chunks; heat through. Makes 4 to 6 servings.

Delicious on hot rice.

PINEAPPLE CHICKEN

Lisa Fitzpatrick

Chicken
1/2 cup brown sugar
1 Tbsp cornstarch
1 cup pineapple chunks and liquid from can
1/2 cup vinegar
1/2 Tbsp soya sauce
Green pepper
Small onion
2 Tbsp ketchup

Arrange chicken pieces in baking dish. Bake 30 minutes at 375°F. Drain off fat. In saucepan, combine sugar, liquid from can of pineapple and cornstarch. Blend in vinegar, ketchup, soya sauce and onion. Pour over chicken. Bake 30 to 40 minutes. During last 15 minutes, arrange pineapple chunks and green pepper around chicken. Serve with white rice and enjoy.

GOLDEN GLAZED CHICKEN

Christine Dewar

6 to 8 boneless, skinless chicken breasts
1/4 cup butter
1/2 cup honey
1/4 cup hot mustard
1 tsp garlic powder
1 tsp salt
2 tsp curry powder
2 Tbsp prepared mustard
2 tsp lemon juice

Place chicken in baking dish. Melt butter in small saucepan; add other ingredients. Cook over medium heat, about 7 minutes. Thicken with cornstarch if desired. Pour over chicken. Bake 35 to 40 minutes at 350°F, basting occasionally.

INDONESIAN CHICKEN

Suzanne Adornato

2/3 cup (150 mL) canola oil
1/3 cup (75 mL) fresh lemon juice
2 garlic cloves, minced
1 Tbsp (15 mL) pepper
3 Tbsp (50 mL) soy sauce
2 Tbsp (25 mL) liquid honey
2 tsp (10 mL) ground coriander
2 tsp (10 mL) ginger root, grated fresh
2 lb (1 kg) boneless chicken breasts

For the marinade, combine canola oil, lemon juice, garlic, pepper, soy sauce, honey, coriander, grated ginger in nonmetallic bowl. Add chicken breasts, turning to coat; cover and refrigerate up to 4 hours.

Remove chicken breasts and discard marinade. Barbecue meat on gas grill or bake in preheated oven at 375°F (190°C) until done, about 25 minutes.

GLAZED CHICKEN WINGS

Kim Flinn

1/4 cup vegetable oil
10 to 20 chicken wings, cut up (discard tips)
1/2 tsp salt
3/4 tsp garlic powder
1/2 tsp pepper
2/3 cup brown sugar
2/3 cup cider vinegar
1/4 cup ketchup
1 chicken Oxo cube, dissolved in 1/2 cup boiling water
2 Tbsp soya sauce
2 Tbsp cornstarch, mixed with enough water to make a paste

Pour oil into large broiler pan. Arrange chicken wings in pan and sprinkle with salt, garlic powder and pepper. Turn each wing to cover with oil and seasonings. Broil about 6 inches from element until lightly browned. Turn and repeat on other side (about 10 minutes per side). Drain excess oil and fat.

Combine remaining ingredients. Pour over wings and bake uncovered at 400°F for 40 minutes. Baste wings in sauce occasionally after 25 minutes as sauce thickens.

Serve with rice.

MOROCCAN CHICKEN

Victoria and Jalen Holder

6 chicken thighs
2 small onions, cut into wedges
4 crushed garlic cloves
1 tsp ground cumin
1/2 tsp cinnamon
1/8 tsp nutmeg
1 Tbsp honey
1 1/2 cups chicken broth
1 cup orange juice
1 1/2 cups couscous

Skin chicken. Place onion and garlic in large nonstick pan. Sprinkle with cumin, nutmeg and cinnamon. Place chicken on top. Add broth, orange juice and honey. Cover and cook over medium heat, stirring occasionally until chicken is cooked. Remove cooked chicken; place on heated plate.

Bring pan juices to a boil. Add couscous to pan juices, stirring once or twice to distribute couscous evenly. Remove from heat, cover and let stand for 5 to 7 minutes. Serve chicken on couscous.

A bore is a person who puts his feat in his mouth.

THE JOY OF MEX

Barb Hohban

1 lb boneless skinless chicken breasts
2 tsp olive oil
1 chopped onion
1 clove garlic, minced
1/2 cup chopped carrot
2 tsp chilli powder
1 tsp each ground cumin and oregano
1/4 tsp salt
1/2 cup chopped sweet green pepper
19 oz can tomatoes
1 1/2 cups tomato sauce
1 Tbsp packed brown sugar
1/4 tsp pepper
1 cup rinsed drained canned black beans
2 Tbsp chopped fresh coriander
3 cups wagon wheel pasta
1/2 cup shredded cheddar cheese

Cut chicken into 1 inch cubes. In large saucepan, heat 1 tsp oil over medium-high heat; brown chicken. Transfer to plate. Add remaining oil to pan; cook onion, garlic, carrot, chilli powder, cumin, oregano and salt over medium heat, stirring often, for about 3 minutes or until onion is soft. Add green pepper; cook for 2 minutes. Add tomatoes, tomato sauce, sugar and pepper; bring to boil, breaking up tomatoes with spoon. Reduce heat to low, cover and simmer for 15 minutes. Stir in beans and chicken; simmer for 10 minutes. Stir in coriander.

Meanwhile, cook pasta for 6 to 8 minutes until tender but firm. Drain and divide among bowls. Ladle chilli over top. Sprinkle with cheese.

CHICKEN STIR FRY

Steve and Karen Larche

1/2 lb chicken
1 cup white wine
1/2 cup celery
1/2 cup carrots
1 cup snow peas
1 cup bean sprouts
1 cup fresh mushrooms
1 onion
1/2 chicken Oxo cube
1/2 cup water
1/2 tsp ginger powder
1 Tbsp soya sauce
1 tsp honey
1 Tbsp cornstarch

Cut up chicken and soak in wine for 1/2 hour. Cut veggies. Cook celery and carrots first, then add remaining veggies. Cook 10 minutes more. Mix Oxo cube with 1/2 cup water. Cook chicken in this broth. Sprinkle ginger powder, soya sauce and honey over veggies when cooking. Sprinkle cornstarch over mixture to thicken. Stir well.

Serve over a bed of rice or pasta.

15 MINUTE CHICKEN & RICE DINNER

Patti Young

1 Tbsp vegetable oil
4 skinless, boneless chicken breast halves
10 oz (284 mL) can Campbell's condensed cream of chicken soup
1 1/2 cups water
1/4 tsp paprika
1/4 tsp pepper
1 1/2 cups uncooked rice
2 cups fresh or thawed frozen broccoli flowerets

In skillet over medium-high heat, heat oil. Add chicken and cook 8 minutes or until browned. Set aside. Pour off fat.

Add soup, water, paprika and pepper, Heat to a boil.

Stir in rice and broccoli. Place chicken on rice mixture. Cover and simmer over low heat 5 minutes or until chicken is done. Serves 4.

CHICKEN HURRY

The Berry and Shamess Family

1/2 cup ketchup
1/4 cup water
1/4 cup packed brown sugar
1 envelope dry onion soup
2 1/2 to 3 lb chicken parts

Combine first 4 ingredients. Mix well. Spoon over chicken. Bake covered at 350°F for at least 1 hour, until very tender.

EASY COMPANY CHICKEN

Patti Morin

8 to 12 chicken pieces (assorted)
Salt
Garlic powder
250 mL bottle Russian salad dressing
2 pkg Lipton onion soup mix
250 mL jar apricot jam
1/2 cup water

Heat oven to 350°F. Grease baking dish. Wash chicken pieces. Dry on paper towels and place in a single layer in greased casserole dish. Sprinkle with salt and garlic powder. Mix all other ingredients together in a bowl, then pour over chicken pieces. Cover baking dish with a lid or use aluminum foil.

Bake for 1 1/4 to 1 3/4 hours. Uncover and bake for 15 minutes more. Serves 6 to 8 people.

Suggested Accompaniments: Hot white fluffy rice and honey glazed carrots.

CHICKEN AND RICE

Pam Landers

1 cup long grain white rice
2 cups water or milk
4 to 6 chicken legs or breasts
1 pkg onion soup mix
2 cans mushroom soup
1 Tbsp vegetable oil
1/4 cup water

Oil 9x13 inch pan. Spread rice on bottom and add water or milk. Lay chicken over top of rice. Sprinkle onion soup on top of chicken. Cover with mushroom soup that has been diluted with 1/4 cup water. Bake at 300°F for 1 1/2 hours, uncovered. Cover with foil and bake 1/2 hour longer. Enjoy.

SKILLET SUPPER

Wanda and Spencer Belleau

4 boneless skinless chicken breasts
1 Tbsp oil
8 oz chicken broth
1/2 cup Miracle Whip
1 Tbsp chili powder
1 1/2 cups Minute Rice
1/2 cup grated cheese
Optional Ingredients:
2 green onions, chopped
Chopped tomato, seeded
1/2 cup sliced olives

In large fry pan, brown chicken in oil over medium heat. Whisk broth, Miracle Whip and chili powder together until smooth; pour over browned chicken. Cover and simmer for 10 minutes.

Options: Stir in ingredients; bring to a boil.

Cover and remove from heat. Let stand 5 minutes. Sprinkle with cheese before serving.

CHICKEN DIVAN

Christine Ferguson

4 boneless chicken breasts
1 pkg frozen or fresh broccoli
1 can cream of chicken soup
1 Tbsp lemon juice
1/2 tsp curry powder
1/2 to 1 cup shredded cheddar cheese
1/2 cup bread crumbs
1 Tbsp melted butter

Simmer chicken breasts for 1 hour in salted water. In greased casserole, put broccoli on bottom. Add chicken on top. Cover with cream of chicken soup (2 cans can be used if you want more gravy), mixed with lemon juice and curry powder. Add shredded cheddar cheese and over that put bread crumbs mixed with melted butter. Bake at 425°F for 1/2 hour.

CHICKEN À LA KING

Tracey Rafter

6 Tbsp butter
1/2 cup flour
3/4 tsp salt
1/8 tsp pepper
2 cups milk
1 cup water
1 tsp instant chicken bouillon
2 cups cubed cooked chicken
4 oz tin mushrooms
1/4 cup chopped pimiento

In saucepan, melt butter. Stir in flour, salt and pepper. Add milk, water and instant chicken bouillon granules (all at once). Cook and stir over medium heat until thick and bubbly. Stir and cook 1 to 2 minutes more. Stir in cubed chicken, mushrooms (pieces and stems) and chopped pimiento. Heat through and serve over warm biscuits.

CHICKEN TETRAZZINI

Nancy Etmanski

3 Tbsp butter
1/4 cup flour
1/2 tsp salt
1/2 tsp paprika
1/2 tsp pepper
2 cups milk
1 cup cooked chicken
Cooked egg noodles
Canned diced tomatoes
Cheese

In fry pan, melt butter. Blend together flour, salt, paprika and pepper. Add to melted butter. Stir in milk. Cook until thick. Stir in chicken and tomatoes. Pour over noodles that have been put into a buttered casserole bowl. Add shredded cheese on top. Cover and bake 25 to 30 minutes in 350°F oven.

OVEN CHICKEN WITH VEGETABLES

Christine Crosby

1 tsp salt
1 tsp onion powder
1 tsp poultry seasoning
1/2 tsp garlic powder
1/4 tsp pepper
4 to 5 lb roasting chicken
6 medium peeled potatoes
3 medium carrots, cut up
1 large onion, sliced
1/2 cup water

Combine seasoning and rub all over chicken; place chicken in a roasting pan. Arrange potatoes, carrots and onion around chicken. Add water and sprinkle more seasoning mix over chicken.

Cover pan with foil or lid. Bake at 350°F for 1 3/4 hours. Skim off fat, pass juices. Serves 6 to 8 people.

CHICKEN SUPREME

Mary Pat Cumming

1/3 cup flour
1 tsp salt
1/4 tsp pepper
1 tsp paprika
2 1/2 to 3 lb chicken breasts
4 Tbsp butter or margarine
10 oz can condensed cream of mushroom or chicken soup
10 oz sliced mushrooms, drained
1/4 cup white wine or apple juice
1 medium carrot, cut in thin strips

Combine flour, salt, pepper and paprika in a bag. Shake to mix well. Add damp chicken parts, 3 at a time. Shake to coat. Melt butter in frying pan. Add chicken. Brown well. Transfer to casserole or small roaster.

Empty soup into medium sized bowl. Add drained mushrooms and wine. Stir well. Pour over chicken. Cover. Bake at 350°F oven for 1 hour.

Peel carrot. Cut into 2 or 3 inch lengths. Cut into very thin strips. Add to chicken. Continue to cook, covered, for 15 minutes or until chicken is tender. Serve with white or brown rice. Serves 4.

NEW CHICKEN CACCIATORE

Barbara Beaudoin

8 to 10 pieces chicken (skinless, boneless thighs)
1 Tbsp olive oil
2 chopped onions
2 chopped carrots
2 1/2 cups halved mushrooms
2 minced cloves garlic
1 bay leaf
1 tsp dried basil
1/2 tsp each oregano and thyme
19 oz can tomatoes
14 oz can tomato sauce
Salt, to taste
Pepper, to taste
12 oz spaghetti

Remove chicken and put in large nonstick skillet. Heat oil over medium-high heat; add chicken and cook, turning often, for 7 to 10 minutes or until browned all over. Remove and set aside.

Reduce heat to medium. Add onions, carrots, mushrooms, garlic, bay leaf, basil, oregano and thyme. Cook, stirring, for 3 minutes. Add tomatoes, breaking up with a fork; add tomato sauce. Return chicken to skillet. Bring sauce to a boil. Reduce heat and simmer uncovered, stirring occasionally, for 30 to 40 minutes or until juices run clear when chicken is pierced and sauce is slightly thickened. Season with salt and pepper. Discard bay leaf.

Meanwhile, cook spaghetti to place chicken on top of.

CHICKEN CURRY

Lorie Mallette

3 to 5 lb chicken (thighs and/or breasts)
1/2 cup honey
3 Tbsp milk
3 Tbsp butter (melted)
2 tsp curry powder
1/2 cup Dijon mustard

Place chicken in casserole dish. Mix together sauce and pour over chicken. Cover and bake at 350°F for 1 1/4 hours then uncover for 15 minutes to complete.

Good served with brown rice.

CHICKEN FANTASTIC

Louise Skrastins

4 boneless, skinless chicken breast halves
1 envelope Italian salad dressing mix
1/4 cup water
8 oz softened cream cheese
1 can cream of chicken soup
4 oz can mushrooms, drained
Hot cooked rice or egg noodles

Place chicken in slow cooker. Combine salad dressing mix and water. Pour over chicken. Cover and cook on low for 3 hours. Mix cream cheese, soup and mushrooms; pour over chicken. Cook 1 hour longer, or until chicken juices run clear. Serve over rice or noodles.

CHICKEN AND SMOKED SAUSAGE JAMBALAYA

Elaine O'Gorman

2 Tbsp salt
1 large onion, chopped
1/2 cup celery, chopped
1/2 cup green pepper, chopped
2 garlic cloves
1/4 cup butter
16 oz can tomatoes
3 oz tomato paste
1/2 cup smoked sausage, bite size
2 whole chicken breasts, bite size
1/4 tsp Tabasco sauce
1 cup long grain rice
3 Pepper Seasoning:
1 Tbsp red pepper
1 tsp white pepper
1 tsp black pepper

Cook onion, celery, green pepper, garlic and butter until tender crisp. Stir in tomatoes, paste, sausage and 1 tsp 3 Pepper Seasoning. Bring to a boil. Reduce heat, cover and simmer 30 minutes. Stir in chicken and Tabasco sauce. Simmer covered 15 minutes or until chicken is tender.

Serve over rice.

OVEN-BARBECUED PORK CHOPS

Janet Mousseau

6 pork loin chops (2 lb/1 kg)
3/4 cup (175 mL) ketchup
1/3 cup (75 mL) chopped onions
1 clove garlic, minced
1/4 cup (50 mL) vinegar
2 Tbsp (25 mL) brown sugar
1 Tbsp (15 mL) Worcestershire sauce
1 tsp (5 mL) chili powder
1/2 tsp (2 mL) each dry mustard and dried oregano

Trim fat from pork chops. Place in single layer in 13x9 inch (3 L) baking dish. In bowl, combine ketchup, onions, garlic, vinegar, sugar, Worcestershire sauce, chili powder, mustard and oregano; pour over chops. Cover and marinate in refrigerator for at least 1 hour or up to 8 hours. (I often prepare and refrigerate overnight.)

Cover with foil and bake in 350°F (180°C) oven for 30 minutes. Uncover and bake, spooning sauce over chops occasionally, for 15 to 30 minutes or until tender.

Serve with rice or noodles or mashed potatoes. Makes 6 servings.

Per Serving: about 250 calories, 30 g protein, 8 g fat, 16 g carbohydrate.

SKILLET ALMOND PORK

Robin Belvedere

3/4 lb pork tenderloin
1 tsp crumbled tarragon
1 tsp garlic salt
3 Tbsp butter
2 Tbsp flour
3/4 cup white wine
1 chicken bouillon cube, crumbled
1 Tbsp Dijon mustard
1/4 cup whipping cream
1/2 cup toasted, slivered almonds
1/4 cup sliced green onions

Slice pork 1/2 inch thick. Using a mallet, pound pork to approx 1/4 inch thick. Combine tarragon and garlic salt. Sprinkle over meat and rub in. Let stand for 1 hour.

Heat 1 Tbsp of the butter in a large skillet. Add pork, a few slices at a time. Brown them quickly on both sides, about 2 minutes. Put pork on a serving platter and keep warm.

Add remaining 2 Tbsp butter to skillet, Blend in flour. Add wine, bouillon cube and mustard. Bring to boil and cook, stirring for 1 minute. Reduce heat and stir in cream. Heat through. Stir in almonds and green onions, reserving 1 Tbsp of each. Pour sauce over pork. Garnish with reserved almonds and green onions. Serve with rice. Serves 4.

BREADED PORK CHOPS
(Kotlety Schabowe)

Maria Henriksen

1 pkg pork chops
1 to 2 cups flour
2 to 3 eggs
1 to 2 bread crumbs

Using a meat hammer, smash all the pork chops until they are quite thin. In 3 medium bowls, place flour, eggs and bread crumbs. If you run out of 1 of these ingredients, it may be necessary to add more than the amounts indicated above.

Cover each chop first with flour, then with egg and then with bread crumbs. After all the chops are coated, fry them in a frying pan set on medium heat for 5 to 10 minutes or until they are no longer pink when you cut them open. Serve immediately or refrigerate until later.

BASIL TOMATO PORK CHOPS

Donna Matthews

2 Tbsp (30 mL) butter or margarine
1 tsp (5 mL) minced fresh garlic
8 pork chops, 1/2 inch (1 cm) thick
28 oz (796 mL) can whole tomatoes
1 tsp to 1 Tbsp (5 to 15 mL) basil leaves (according to taste)
1 tsp (5 mL) salt
1/2 tsp (2 mL) pepper
1/2 cup (125 mL) water
3 Tbsp (45 mL) cornstarch
1 medium onion, sliced into rings
1 medium green pepper, sliced into rings

In Dutch oven, melt butter until sizzling; stir in garlic. Add 4 pork chops; brown on both sides. Remove from pan; repeat with remaining pork chops. Return all pork chops to pan. Stir in remaining ingredients except water, cornstarch, onion and green pepper. Cover; cook over medium heat, stirring occasionally, until pork chops are fork tender, 50 to 60 minutes. Remove pork chops; keep warm.

In small bowl, mix together water and cornstarch. Stir cornstarch mixture into hot cooking liquid in Dutch oven; add onion and green pepper. Cook over medium-high heat, stirring occasionally, until thickened and vegetables are crisply tender, 5 to 6 minutes. Serve sauce over pork chops.

SPARERIBS

Kyle Rafter

1 1/2 lb sweet and sour ribs
1 large onion
1 jar VH dry garlic sauce

Cut up ribs. Slice onion. Boil ribs in water with onion for 45 minutes. Drain water and put ribs and onion into roasting pan.

Pour the whole jar of VH sauce over ribs. Cover and cook for 1 hour at 325°F. Stir occasionally.

GARLIC SPARERIBS

Karen Bryson

4 lb spareribs
2 cups brown sugar
1/2 tsp garlic salt or 1 bud
6 Tbsp soy sauce
1 Tbsp flour

Sprinkle ribs with salt and pepper. Pour sauce over ribs and bake at 325°F for 1 1/2 hours, basting frequently.

Note: Spareribs may be baked at 325°F for approx 1/2 hour to remove excess fat; then with sauce added, bake for 1 hour.

SHORT RIBS OF BEEF BURGUNDY

Claire Kotula

4 lb short ribs
1 cup mashed tomatoes
1 cup water or consomme
1/2 cup burgundy
1/4 cup finely chopped onion
2 Tbsp horseradish
1 tsp salt
1/4 tsp pepper
1/4 tsp ground ginger
2 bay leaves
Cornstarch, optional

Brown and drain short ribs in frying pan. Place in covered casserole dish.

Combine remaining ingredients (except cornstarch) and pour over ribs. Cover and bake at 350°F for 2 1/2 hours or until meat is done. Remove meat from sauce.

Thicken sauce with cornstarch and serve sauce separately. Discard bay leaves.

LORAINE'S FAMOUS FRIED RICE

Loraine O'Grady

2 cups water
2 cups Minute Rice
2 medium stalks celery, chopped small
1 large carrot, chopped small
1 small green pepper, chopped small
1 shallot, chopped small
1 small zucchini, chopped small
1 cup any leftover meats, e.g. chicken, beef or pork, chopped small
1 Tbsp butter or margarine
3 Tbsp soya sauce
Pepper, to taste

Bring water to a boil. Add rice. Let it boil for 1 minute, leaving the lid on. Remove from heat and let stand for 5 minutes.

In a large skillet or wok, add butter and vegetables. Simmer until vegetables are almost cooked. Add meat. Cook until vegetables are tender. Add rice and mix well. Add soya sauce and mix until well blended. Serves 4.

Note: You can serve as a main or a side dish.

PASTA WITH TOMATOES AND PROSCIUTTO

Sandra Charland

1/4 cup fresh basil
1/4 cup fresh parsley
2 Tbsp fresh oregano
2 Tbsp fresh thyme
2 cloves crushed garlic
Approx 8 slices prosciutto, chopped
3 cups Roma tomatoes, seeded and chopped
1/4 tsp hot pepper flakes
2/3 cup Romano cheese
Parmesan cheese
1/3 cup olive oil
Spaghetti

Chop up fresh herbs and mix together. Sauté 1/2 of the herb mixture, with garlic, oil, prosciutto and hot pepper flakes.

Boil spaghetti according to directions (al dente). Drain and place in a large bowl.

Cover spaghetti with chopped tomatoes, the rest of the fresh herbs, cheese and sautéed mixture. Toss and serve immediately.

The greatest remedy for anger is delay.

ITALIAN VEGETABLE PASTA BAKE

Lisa Senack

2 cups frozen Italian vegetables
750 mL jar pasta sauce
3 cups cooked bow tie pasta
1/2 cup Kraft light 100% Parmesan grated cheese
1/2 cup Kraft part skim mozzarella

Stir together frozen vegetables, pasta sauce and bow tie pasta in baking dish. Top with Parmesan and mozzarella cheese. Bake at 350°F (180°C) for 20 minutes. Makes 4 servings.

CLAM AND LEMON LINGUINE

Michelle Gauthier

2 (5 oz) cans baby clams
2 medium onions, chopped
4 cloves minced garlic
1/3 cup olive oil
2 Tbsp oregano
1 tsp salt
1/2 tsp pepper
8 oz linguine
2 Tbsp parsley
3 Tbsp grated lemon rind
4 Tbsp lemon juice
1/4 cup Parmesan cheese

Drain clams and reserve liquid. Put linguine in a pot of boiling water and boil for 7 to 10 minutes. Drain when done and put in serving bowl.

Meanwhile, sauté onions and garlic in oil in pan about 3 minutes on medium heat. Add reserved clam juice, oregano, salt and pepper. Bring to boil then turn heat to low. Cook about 3 minutes. Add clams, parsley, lemon juice and rind to juice mixture. Leave on low heat for about 5 minutes then pour over linguine and toss. Add Parmesan and toss again.

This is a great low fat meal served with caesar salad, French bread and a dry white wine.

EXTRA RECIPES

Casseroles

SPICE GUIDE

Keep spices in tightly covered containers, in a cool dry place. After about a year spices tend to lose flavor so more may be needed for seasoning. Spices should enhance, not overpower, the flavor of food; always use moderation and taste before adding more. Overheating can cause spices to turn bitter. During lengthy cooking add spices during last half hour of cooking time. Usually 1 teaspoon of dried herb equals 1 tablespoon of fresh.

Allspice: Flavor a blend of cinnamon, cloves, nutmeg. Meat dishes, egg dishes, fish, gravies, pickles, relishes, tomato sauce, fruit preserves, cakes, cookies and pastries.

Anise: Licoricelike flavor. Meat and poultry dishes, vegetables, fruits, cakes, cookies, candies.

Basil: Pungent, sweet aroma. Broiled and roasted meats and poultry, fish, egg dishes, soups, vegetables, tomato dishes, pasta, dressings, stuffing and sauces.

Bay leaf: Strong flavor. Stews, soups, vegetables, pickles, gravies, sauces, marinades.

Caraway: Sweet, slightly sharp flavor. Meat loaves and stews, bread, potroasts, vegetables, salads, cheese spreads, dips, sauces.

Cardamom: Pungent, aromatic seed. Breads, pastries, cookies, fruits, meats, poultry, fish.

Cayenne: Red pepper, very hot. Meats, seafoods, egg and cheese dishes, soups, sauces, dips, spreads, French dressing.

Celery Salt or Seed: Tangy, celery taste. Meat, fish, stews, cheese or egg dishes, sauces, spreads, dressings, stuffings.

Chili Powder: Hot, peppery blend of herbs and spices. Spanish or Mexican dishes, bean and rice dishes, barbeque and cocktail sauces, spreads, dressings, dips, egg dishes, vegetables.

Chives: Sweet, delicate onion flavor. Fish, poultry, egg or cheese dishes, vegetables, soups, salads, dressings.

Cinnamon: Sweet, spicy aroma. Breads, cookies, cakes, desserts, pastries, beverages, sauces, vegetables.

Cloves: Strong, spicy-sweet aroma. Pork and lamb dishes, barbeque sauce, pickles, relishes, fruits, breads, cakes, cookies, desserts.

Coriander: Flavor like sage and lemon rind. Curries, stews, pickles, bean and rice dishes, breads, cookies and gingerbread, cakes.

Cumin: Strong, slightly bitter, lemon flavor. Spanish, Mexican and Eastern dishes, stews, pickles, tomato dishes.

Curry powder: A blend of many spices; warm and sharp to hot and spicy. Meat, poultry, seafood, egg and cheese dishes, soups, sauces, seafood salads, dips, cheese spreads, rice dishes.

Dill Weed or Seed: Mild, slight caraway like flavor. Meats, poultry, fish, seafood, stews, soups, salads, sauces, dressings, dips, pickles, breads, egg dishes.

Ginger: Pleasant odor, pungent taste. Oriental dishes, meats, poultry, vegetables, fruits, salad dressings, pickles, jams, marinades, breads, cookies, pies, cakes, desserts.

Mace: Like nutmeg. Veal, fish, stews; egg, cheese and vegetable dishes, soups, sauces, cakes, cookies.

Marjoram: Spicy, sweet aroma. Roasted meats and poultry, fish and seafood, egg dishes, stews and casseroles, soups, vegetables, salads, gravies, sauces.

Mint: Spicy and cool. Roast lamb and beef, vegetables, sauces, relishes, jelly, salads, fruits, beverages.

Mustard: Pungent taste. Pickles, relishes, salad dressings, sauces, dips, egg dishes, marinades, pork and ham, corned beef.

Nutmeg: Warm, sweet, spicy flavor. Vegetables, egg dishes, beverages, breads, cookies, cakes, desserts, sauces.

Oregano: Strong and aromatic. Italian dishes, pizza and pasta, broiled and roasted meats and poultry, fish and seafood, stews and casseroles, egg dishes, tomato sauces, soups, vegetables, salads, salad dressings.

Paprika: Varies from mild, slightly sweet to hot; adds color to many dishes. Meats, poultry, salad dressings, dips, vegetables, soups and salads.

Parsley: Mild flavor. Brings out the flavor of most non-sweet foods. Popular as a garnish.

Poultry Seasoning: Like sage but milder. Poultry, stuffings, biscuits.

Rosemary: Sweet, spicy, pinelike fragrance. Roasted meat and poultry, fish, stews, casseroles, stuffings, salads, breads, egg dishes.

Saffron: Strong aroma, slightly bitter. Poultry, fish and seafood, rice, breads, cooking, cakes.

Sage: Strong, slightly bitter. Roasted meats and poultry, fish, stuffings, vegetables, cheese dishes, salads, gravies, sauces.

Savory: Pleasant, peppery aroma. Meat, poultry and egg dishes, fish stuffings, salads, soups, gravies, sauces.

Sesame seed: Mild, nutlike flavor. As a garnish on bread, rolls, cookies, green salad.

Tarragon: Mild, licoricelike flavor. Roasted or broiled meats and poultry, fish, stews, vegetables, salads, sauces.

Thyme: Strong, pungent flavor. Roasted meats and poultry, fish, stews, vegetables, salads, sauces.

Tumeric: Aromatic, slightly bitter, pepperlike flavor. Curry dishes, pickles, relishes, salad dressings, dips.

CASSEROLES

TOMATO SOUP CASSEROLE

Sylvia Holden

4 large potatoes
4 large carrots
2 medium onions
1 lb ground beef
1 can tomato soup
Salt and pepper

Slice potatoes, carrots and onions very thin. Layer in casserole dish, starting with potatoes, carrots, onions and ground beef. Repeat these 4 layers, seasoning with salt and pepper. Pour tomato soup over top of casserole. Bake for 45 minutes to 1 hour until potatoes are cooked.

MICROWAVE HAMBURGER SCALLOP

Karen Rodier

1 lb ground beef
1 onion, chopped
3 to 4 carrots, cut in pieces
4 to 5 sliced potatoes
10 fluid oz can cream of celery soup
1 cup shredded mozzarella cheese
1 tsp garlic powder

Brown meat and onion in microwave on High 3 to 4 minutes, draining fat and stirring halfway through. Mix together soup, cheese and garlic powder. Place 1/2 the potatoes, carrots and then soup mixture on the meat, then top with the remaining half. Cook, covered, on High for 30 minutes. Test potatoes for tenderness. Delicious, kids' favourite!

JOHNNY MARZETTI

Emma Raftis

1 lb hamburger, browned and drained
1 large onion
1/2 lb mushrooms, sautéed
28 oz can diced tomatoes
14 oz can kidney beans and juice
Salt and pepper, to taste
1 Tbsp sugar
2 Tbsp medium salsa, optional
4 shakes pepper sauce (Tabasco), optional
3 cups shell macaroni
2 cups grated cheddar cheese

Cook macaroni al dente and drain. Combine all ingredients except cheese in a large casserole. Best if made ahead and refrigerated. Heat to bubbly. Top with cheese. Feeds 6.

CABBAGE ROLL CASSEROLE

P. McCartney

1/2 to 1 medium cabbage, shredded
1 to 1 1/2 lb ground beef
3 Tbsp oil or margarine
2 onions, minced
2 (8 oz) tins tomato sauce
1/2 tsp savory
1 clove garlic, minced
3 cups cooked rice (or 1 1/2 cups not cooked)
1/2 tsp salt and pepper
1/2 tsp Worcestershire sauce

Butter casserole dish.

Fry beef and onion in large pan. Stir in 1 can tomato sauce (8 ounces), garlic, salt and pepper, savory and Worcestershire sauce. Mix in rice.

Layer cabbage and meat mixture in casserole dish, ending with cabbage. Pour other 8 ounce tin of tomato sauce over top and 1 (8 ounce) tin of water over. Bake covered for 1 hour at 350°F.

PIONEER CASSEROLE (Turkey)

Carolyn Roberts

6 oz pkg wild rice mix
2 to 3 cups cooked cubed turkey (can substitute chicken)
2 Tbsp chopped onion
1 stalk celery, chopped
1 cup water
1 tsp Worcestershire sauce
10 oz can condensed cream of chicken or celery or mushroom soup
8 oz can water chestnuts, drained and sliced
4 oz can mushroom stems and pieces, undrained
1/4 cup chopped roasted almonds

Heat oven to 375°F. Grease 2 quart casserole dish. In casserole, combine uncooked rice and packet of seasoning with remaining ingredients, except nuts; mix well. Bake covered at 375°F for 45 minutes. Uncover; sprinkle with nuts and continue baking for 15 minutes or until rice is done. Makes 5 to 6 servings.

Great for leftover turkey or chicken!

Everything has its beauty but not everybody sees it.

CHICKEN OR TURKEY CASSEROLE

Shari Rochon

2 cups cubed cooked chicken or turkey
1 cup chopped celery
2 cups cooked rice or pasta
1 cup mayonnaise
2 Tbsp chopped onion
1 can cream of chicken soup
1 can cream of mushroom soup
1/2 tsp salt
3/4 tsp pepper
2 chicken bouillon cubes, dissolved in 1/2 cup hot water

Combine all ingredients and place in buttered casserole dish. Cover with crushed potato chips or buttered bread crumbs.

Bake at 400°F for 30 to 45 minutes. Serves 6 to 8.

SHEPHERD'S PIE

Patti Young

2 Tbsp vegetable oil
1 onion
2 cloves garlic
1 stalk celery
1 sweet red pepper (chopped)
1 carrot (chopped)
3 cups mushrooms (sliced)
1 1/2 lb hamburg (lean)
1 tsp chili pepper
1 cup tomato sauce
Salt and pepper
Topping:
4 to 6 large potatoes
2 Tbsp butter
4 cloves garlic
1/2 cup milk
Salt/pepper/paprika

Cook onion, garlic in oil for 2 to 3 minutes until softened. Add celery, pepper, carrot and mushrooms for 7 minutes or until liquid evaporated. Add beef and cook another 7 to 10 minutes. Skim off fat. Add chili spice and tomato sauce, salt and pepper. Put in baking dish, 11x7 inches or 2 L.

Cook potatoes; add garlic to potatoes along with milk, salt and pepper. Mash until smooth. Spread over meat mixture. Sprinkle on paprika.

Bake at 350°F for 30 to 40 minutes until bubbly and golden brown.

Mind unemployed is mind unenjoyed.

SHEPHERD'S PIE

Pam Robertson

2 lb potatoes, peeled and quartered
Milk and butter, to make mashed potatoes
1 cup cheddar cheese, grated
2 Tbsp vegetable oil
2 onions, chopped
2 cloves garlic, finely chopped
2 lb lean ground beef
2 Tbsp flour
1 cup milk
19 oz tin tomatoes, drained
1/4 tsp Tabasco sauce
1 tsp Worcestershire sauce
1/2 tsp thyme
1/2 cup bread crumbs
1 cup frozen peas
1 tsp paprika

Cook potatoes until tender, approx 20 minutes; mash. Add milk, butter and cheese. Mash lightly again. Set aside.

Meanwhile, cook onions and garlic in oil until tender. Add beef. Brown lightly. Stir in flour, then milk. Bring to a boil. Cook 3 or 4 minutes. Add tomatoes, breaking them up with a spoon. Cook about 10 minutes. Add seasonings, bread crumbs and peas. Transfer mixture to buttered 2 quart (2 L) casserole dish.

Spread mashed potatoes on top. Sprinkle lightly with paprika. Bake in preheated 400°F oven for 30 minutes. Serves about 6.

SADLER SHEPHERD'S PIE

Joey Lemieux

600 g lean ground beef
4 large or 5 medium potatoes
12 fluid oz can niblet corn
100 g marble cheese, optional
4 Tbsp ketchup
4 Tbsp plum sauce
2 Tbsp red relish

Brown lean ground beef in fry pan until well cooked. On separate stove element, boil peeled potatoes until soft (poke with a fork after about 15 minute boil). When beef and potatoes are nearly ready, warm 1 can corn in small pot. Bring corn to slow boil, stir and remove.

In medium Corningware casserole dish, layer ingredients as follows: beef, then corn, then potatoes (oops, mash potatoes first!).

Optional: Grate cheese and sprinkle on top.

Warm in oven at 250°F for 10 more minutes before serving. Feeds a hungry family of 5.

CHEESEBURGER PIE

Angie Willis

1 lb (500 g) ground beef
1 1/2 cups (375 mL) chopped onion
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) pepper
1 1/2 cups (375 mL) milk
3 eggs
3/4 cup (175 mL) Bisquick baking mix
2 tomatoes, sliced
1 cup (250 mL) grated cheddar cheese

Heat oven to 400°F. Grease 10x1 1/2 inch (25 cm) pie plate. Cook and stir ground beef and onion in frying pan until browned; drain. Stir in salt and pepper. Spread in plate. Beat milk, eggs and baking mix until smooth, 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake 25 minutes. Top with tomatoes and cheese. Bake until knife inserted in centre comes out clean. Cool 5 minutes. Makes 6 to 8 servings. Serve with salad.

SPINACH-CHEESE PIE

Liz Murphy
Clare's mom

2 cups seasoned croutons, coarsely crushed
1/4 cup butter or margarine, melted
6 Tbsp grated Parmesan cheese
10 oz pkg frozen chopped spinach, thawed and drained
1 cup small curd cottage cheese
4 oz Monterey Jack or mozzarella cheese, cut in 12 (1 inch) cubes
3 eggs, beaten
1/4 cup chopped onion
2 Tbsp sour cream
1 clove garlic, minced

Combine croutons and butter; press into bottom and up sides of 9 inch pie plate.

Combine 1/4 cup of the Parmesan cheese with spinach, cottage cheese, Monterey Jack (or mozzarella), eggs, onion, sour cream and garlic. Mix until well blended. Spoon mixture over crust. Bake at 350°F for 35 minutes or until set.

Sprinkle remaining 2 Tbsp Parmesan cheese on top and let stand for 5 minutes. Makes 6 to 8 servings.

CHICKEN POT PIE

Tracey Flinn

2 to 3 cups cooked diced chicken
2 cans cream of chicken soup
1 cup sautéed celery and onion combined
1 cup cooked sliced carrots
1 cooked diced potato
Salt and pepper
Dash (1/4 tsp) oregano
Dried parsley
Bisquick

In large casserole dish, combine first 7 ingredients with some water from carrots and potatoes. Top with dried parsley. Roll Bisquick to 1/4 inch thickness; place on top. Bake uncovered at 425°F for 20 to 25 minutes.

STARVIN' GUY CHICKEN PIE

Ben Christy

1 cup chopped onions
1 clove garlic, minced
1 cup low sodium, reduced fat chicken broth
1 1/2 cups peeled, cubed potatoes
1 1/2 cups chopped carrots
1 cup sliced green beans (cut into 1 inch pieces)
10 oz can reduced fat cream of mushroom soup, undiluted
1 1/2 Tbsp all-purpose flour
2 cups chopped cooked chicken breast (about 3/4 lb)
2 Tbsp chopped fresh parsley
1/2 tsp each dried basil and ground thyme
1/4 tsp black pepper
Biscuit Crust:
1 cup all-purpose flour
2 tsp baking powder
1/2 tsp ground sage
1/4 tsp salt
2 Tbsp butter or margarine
1/3 cup skim milk

Spray large saucepan with nonstick spray. Add onions and garlic. Cook over medium heat until tender, about 5 minutes. Add broth, potatoes, carrots and beans. Bring to a boil. Reduce heat to medium-low. Partially cover and simmer for 12 minutes. The potatoes should be slightly under cooked. Remove from heat.

In small bowl, stir together mushroom soup and flour. Add to vegetables, along with chicken, parsley, basil, thyme and pepper. Stir well. Pour into medium casserole dish.

To prepare crust, combine flour, baking powder, sage and salt in large bowl. Using pastry blender, cut in butter or margarine until mixture resembles coarse crumbs. Stir in milk. Form a ball with dough. Add a bit more flour if dough is too sticky. Roll out on floured surface to fit top of casserole. Place dough over chicken mixture. Prick several times with fork. Bake at 400°F for 25 minutes, until crust is golden brown. Let cool for 5 minutes before serving.

MOM'S MONDAY MACARONI

Kim Kramer

1 Tbsp butter or margarine
1/2 cup chopped onion
1 1/2 cups uncooked elbow macaroni
1 cup finely cubed or grated cheddar cheese
19 oz can tomatoes
1 cup water
1 tsp salt
1/4 tsp pepper
Buttered cracker crumbs, optional

Heat butter in frying pan. Saute onions until transparent. Transfer to 2 quart casserole dish. Add remaining ingredients; stir well, breaking tomatoes into pieces. Bake at 350°F for 65 minutes or until macaroni is tender. Top with buttered cracker crumbs (optional).

EMILY'S FAVORITE MACARONI AND CHEESE

Emily Malis

2 Tbsp butter
3 Tbsp flour
2 cups milk
1/4 tsp dry mustard
Salt and pepper
1/4 cup cream cheese
1 cup grated cheddar cheese
2 cups elbow macaroni
Dash Worcestershire
1/4 tsp onion powder

Cook macaroni noodles according to package.

Melt butter in saucepan. Add flour. Stir and cook for 2 minutes. Whisk in milk and bring to a boil. Add dry mustard, salt, pepper, onion powder, Worcestershire. Stir. Add cream cheese and grated cheddar cheese. Stir until cheeses have melted. Add milk if sauce is too thick.

Stir cheese mixture into cooked noodles and serve. Serves 4 to 5 people.

MACARONI AND CHEESE

Erika Daigneault

284 mL can tomato soup
450 g elbow macaroni
Grated cheese (as much as you want)

Cook macaroni. Mix cheese, macaroni and soup together. Bake in casserole dish at 350°F for 20 minutes or 5 to 10 minutes in microwave.

TUNA PASTA BAKE

Tom Swindlehurst

2 cups pasta shapes
7 1/2 oz tin tuna, drained and flaked
1 cup cooked sweet corn or broccoli florets
3 heaped Tbsp butter or margarine
1/2 cup flour
2 1/2 cups milk
1/2 cup grated cheese
Salt and pepper, to taste
1 handful crushed chips

Serves 4.

Cook pasta, drain and rinse. Put in 8x10 inch dish. Scatter over the drained, flaked tuna. Scatter over the corn or broccoli (or both).

Melt butter in a saucepan. Stir in flour and mix until smooth. Slowly add milk while stirring. Boil for 1 minute (may need more milk). It should be of a coating consistency. Season with salt and pepper; pour over tuna mixture. Sprinkle with cheese and chips. Bake at 350°F for 20 to 25 minutes or until golden and bubbly.

This can be made hours ahead and put in to bake when ready.

"I CAN'T BELIEVE IT'S GOT SPINACH" TURKEY LASAGNA

Karen Henry Smith

2 cans mushroom soup
1 cup milk
1 pkg frozen chopped spinach
Garlic powder
1 egg
500 g container cottage cheese
Grated Parmesan cheese
Lots of leftover turkey
2 cups mozzarella cheese
Oven ready lasagna noodles

Rinse off cottage cheese with cold water in a colander until it is not creamy; drain. Combine with thawed spinach and egg in a bowl. In another bowl, combine soup, milk and garlic powder. Reserve 1/2 cup of mixture for bottom of baking dish to prevent sticking. Add leftover turkey to remaining soup mix.

In lasagna pan, put 1/2 cup soup mix in bottom, then a layer of noodles, soup mixture, cheese-spinach mixture, mozzarella cheese; repeat. Top with cheese and bake at 350°F for 40 minutes. Top with Parmesan cheese; let stand 15 minutes before serving.

BROCCOLI LASAGNA AU GRATIN

Tricia Smith

9 lasagna noodles, cooked
2 pkg frozen chopped broccoli, drained and thawed or equal amount of fresh cooked and chopped broccoli
2 cups cottage cheese
2 eggs, slightly beaten
24 oz jar spicy spaghetti sauce
2 cups mozzarella (shredded)
1/2 cup grated Parmesan

Spread a thin layer of spaghetti sauce in 9x13 inch pan. Cover with 3 lasagna noodles. Mix broccoli, cottage cheese and eggs together. Spread 1/3 of mixture over noodles, top with 1/3 of remaining sauce, 1/3 mozzarella and 1/3 Parmesan. Repeat, layering twice. Bake at 350°F for 30 to 35 minutes. Serves 8 to 10.

LASAGNA

Ben Snider's Mom

3 to 4 cloves garlic, crushed and peeled
1/4 cup olive oil
1 lb ground beef
1 tsp salt, to taste
Black pepper, Tabasco, Worcestershire, to taste
1 onion, diced
1 green pepper, diced
12 to 20 mushrooms, sliced
2 (680 mL) cans pasta sauce (try Romano cheese flavoured)
1 tsp each Italian seasoning, basil, oregano, to taste
1 pkg lasagna noodles, cooked (set aside in cold water)
300 g mozzarella cheese, shredded
2 cups cottage cheese
Parmesan cheese, to taste
Italian bread crumbs, to taste

Heat large wok or skillet to 350°F to 375°F. Add oil and garlic. Add beef before garlic turns brown. Season with salt, pepper, Tabasco and Worcestershire. Stirring frequently, cook beef thoroughly (no pink left). Add onion, green pepper and mushrooms. Stirring frequently, cook until onion is soft. Reduce heat to simmer. Add cans of pasta sauce, Italian seasoning, basil and oregano. Stir frequently for 3 to 4 minutes. Turn off wok. Preheat oven to 350°F.

Prepare lasagna in large lasagna pan as follows: 1/3 sauce, noodles, 1/3 sauce, 1/2 mozzarella, noodles, 1/2 cottage cheese, generous sprinkling of Parmesan, noodles, remaining sauce, remaining mozzarella, noodles, remaining cottage cheese, Parmesan, Italian bread crumbs over top. Cover in foil. Bake at 350°F for 1 hour. Serve with crusty bread and caesar salad.

EXTRA RECIPES

Breads

BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Quick Breads		
Biscuits	425° - 450°	10 - 15
Cream Puffs	450° then reduce to 350°	20-30, then 15-20
Popovers	450° then reduce to 350°	20-30, then 15-20
Muffins	400°	20 - 25
Loaves	350°	60 - 70
Coffee Cakes	350° - 375°	25 - 45
Yeast Breads		
Plain loaves	375° - 400°	30 - 45
Plain rolls	375° - 400°	10 - 20
Sweet rolls	375°	20 - 30

CONVERSION OF PAN AND UTENSIL SIZES TO METRIC MEASUREMENTS

Utensil	Metric Volume	Metric Measure in Centimetres	Closest Size in Inches or Volume
Baking or cake pan	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
Cookie sheet		40x30	16x12
Jelly roll pan	2 L	40x25x2	15x10x¾
Loaf pan	1.5 L	20x10x7	8x4x3
	2 L	23x13x7	9x5x3
Round layer cake pan	1.2 L	20x4	8x1½
	1.5 L	23x4	9x1½
Pie Pan	750 mL	20x3	8x1¼
	1 L	23x3	9x1¼
Tube pan	2 L	20x7	8x3
	3 L	23x10	9x4
Spring form pan	2.5 L	23x6	9x3
	3 L	25x8	10x4
Baking dish	1 L		1 qt.
	1.5 L		1½ qt.
	2 L		2 qt.
	2.5 L		2½ qt.
	3 L		3 qt.
	4 L		4 qt.
Custard cup	200 mL		6 fl. oz.
Muffin pans	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1¼
	100 mL	7.5x3.5	3x1½
Mixing bowls	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

SUNDAY MORNING CREPES

Peter Colton

4 large eggs
1 cup milk
1 cup flour
1 tsp sugar
1 tsp vegetable oil
Pinch salt
1 tsp vanilla extract
Vegetable oil spray, for cooking

Yield: 12 to 15 crepes.

Mix eggs and milk together in a large bowl. Beat with a whisk for 1 minute. Add sugar, oil, salt, vanilla and beat for a few seconds. Gradually add flour to the mix while beating very hard and fast. Once all flour has been added, continue mixing for 1 minute.

Heat 10 inch nonstick fry pan over medium-high heat. Spray pan with oil spray, then add 1 ladle (50 mL) batter to pan and swirl to cover bottom. Cook about 1 minute and turn; cook about 30 seconds or until crepe begins to brown. Stack on a plate and keep warm.

Spread with butter and syrup then roll it up. Sprinkle with sugar and 1/2 tsp lemon juice then roll it up.

BREIGHA'S FAVORITE PANCAKES

Anita and Breigha Koehler

1 cup flour
1 Tbsp sugar
3 tsp baking powder
1/2 tsp salt
1 egg
2 Tbsp oil
3/4 to 1 cup milk

Mix all ingredients together in a bowl until thoroughly mixed. Preheat skillet at medium heat with 1 tsp oil. Makes approx 8 medium sized pancakes. Enjoy!

DOUGHNUTS

Donna Boire

2 eggs, beaten till white
2/3 cup milk
3/4 cup sugar
2 1/2 cups flour
1/2 tsp vanilla
1 tsp nutmeg
2 tsp baking powder
1/2 tsp ginger

Mix ingredients together. Blend in flour until dough isn't sticky. Roll out. Cut. Fry in electric pan at 350°F in a good layer of oil (boiling, i.e. covers 1/2 doughnut).

BASIC BISCUITS

Alana and Marc Prudhomme

2 cups all-purpose flour
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/4 cup butter
1/2 cup milk
1/2 cup sour cream

Preheat oven to 400°F. Measure and combine flour, baking powder, baking soda and salt. Stir these ingredients together in a large mixing bowl. Using a pastry blender, cut butter into dry ingredients until mixture resembles coarse crumbs.

In a small bowl, stir together milk and sour cream until mixture is almost smooth. Add to dry ingredients and stir with wooden spoon until dough sticks together. Using hands, gently knead dough 8 to 10 times on floured surface. Roll out to 1/2 inch thickness and cut into large diamonds or squares, approx 3x3 inches. Place on ungreased baking sheet, 1 inch apart. Bake for 12 to 15 minutes or until golden brown. Carefully remove and serve immediately. Makes 10 biscuits.

AMAZING STICKY BUNS

Linda-Joy Cameron

1/3 cup butter
3/4 cup firmly packed light brown sugar
1/3 cup dark corn syrup
1 cup chopped roasted, salted macadamia nuts
1 lb frozen bread dough, thawed

Serves 9. Work Time: 20 minutes. Total Time: 50 minutes.

Spray 9x9 inch baking pan with vegetable cooking spray. Melt butter, sugar and corn syrup in medium saucepan over medium heat, stirring constantly. Pour 1/2 cup of the mixture into the pan. Add 1/2 cup of the nuts. Set aside.

On floured surface, roll bread dough into 14x12 inch rectangle. Spread remaining syrup over dough and sprinkle with remaining nuts. Roll up, starting from long side. With serrated knife, cut into 9 slices (about 1 1/2 inches thick) and arrange rolls flat side down in pan.

Cover buns with plastic wrap and let rise in a warm place about 45 minutes, until they fill the pan.

Heat oven to 350°F. Bake buns about 35 minutes, until lightly browned and dough is cooked through, checking with a wooden toothpick. Invert onto serving dish. Serve warm.

CINNAMON ROLLS

Sheena Lovesey, Tyler Martel
Linda and Catherine Albert

2 cups (500 mL) all purpose flour
2 Tbsp (30 mL) granulated sugar
4 tsp (20 mL) baking powder
1 tsp (5 mL) salt
1/4 cup (50 mL) cold butter or margarine
1 cup (250 mL) cold milk
1/3 cup (75 mL) butter or margarine
1 cup (250 mL) packed brown sugar
3 tsp (15 mL) cinnamon
1/3 cup (75 mL) raisins

In large bowl, put flour, sugar, baking powder and salt. Cut in butter until crumbly.

Pour milk in well. Stir to form soft dough, adding a bit more milk if needed. Turn out on lightly floured surface. Knead 8 to 10 times. Roll into rectangle about 1/3 inch (1 cm) thick and 12 inches (30 cm) long.

Cream butter, brown sugar and cinnamon together well. Drop 1 measuring teaspoon (5 mL) into each of 12 greased muffin tins. Spread remaining cinnamon mixture over dough rectangle. Sprinkle raisins over top. Roll up as for jelly roll. Mark first, then cut into 12 slices. Place cut side down in muffin pan. Bake in 400°F (200°C) oven for 20 to 25 minutes. Makes 12.

Glaze: To 1/2 cup (125 mL) icing sugar, add enough milk or water to make a thin glaze. Drizzle over cinnamon rolls.

ZUCCHINI BREAD

Lynn Kelly

2 eggs
Dash salt
2 1/4 cups flour
4 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1 tsp nutmeg
1 cup white sugar
1/2 cup oil or applesauce
1/2 cup milk
1 1/3 cups unpeeled zucchini
2 tsp lemon juice
1/2 cup nuts, optional

In large bowl, beat eggs and fold in dry ingredients including spices. Shred zucchini and add; stir slightly. Blend in oil, milk, lemon juice, nuts. Bake at 350°F for 50 minutes.

EASY LEMON LOAVES

Heather Sheridan
Mike's mom

1 pkg lemon Jello
3/4 cup boiling water
1 lemon cake mix
4 eggs
3/4 cup vegetable oil
Topping:
1/4 cup lemon juice
1/3 cup white sugar

In small bowl, mix lemon Jello and boiling water. In large bowl, mix eggs and oil. Add dissolved Jello. Beat with mixer for 5 minutes. Pour into 2 lightly greased loaf pans. Bake at 325°F for 1 hour. Allow to cool for 15 minutes.

In pan, on top of stove or in microwave, mix juice of 1 lemon (or 1/4 cup lemon juice) and sugar. Dissolve and pour over the tops of the 2 loaves.

BLUEBERRY LEMON LOAF

Maria Aguiar

1/2 cup butter, softened
1 cup packed brown sugar
2 eggs
2 Tbsp lemon juice
1 1/2 tsp vanilla
2 cups all-purpose flour
1 Tbsp grated lemon rind
2 tsp baking powder
1/4 tsp each salt and cinnamon
1/2 cup milk
1 1/2 cups blueberries (fresh or frozen)
Topping:
1/4 cup all purpose flour
2 Tbsp granulated sugar
1/4 tsp cinnamon
2 Tbsp butter

Topping: In bowl, combine flour, granulated sugar, brown sugar and cinnamon. With pastry blender or 2 knives, cut in butter until in fine crumbs. Set aside.

In large bowl, beat butter with sugar until fluffy; beat in eggs, 1 at a time. Beat in lemon juice and vanilla. Combine flour, lemon rind, baking powder, salt and cinnamon; stir into butter mixture alternately with milk, making 3 additions of dry and 2 of milk. Gently fold in 1/2 of the blueberries.

Pour into greased 8x4 inch loaf pan; sprinkle with remaining blueberries. Sprinkle with topping. Bake in 350°F oven for about 1 hour or until tester inserted in center comes out clean. Makes 1 loaf.

AUD'S LEMON BREAD

Kim Kramer

6 Tbsp butter
2 eggs
1 1/3 cups white sugar
1 1/2 cups flour
1 1/2 tsp baking powder
1/2 tsp salt
1/2 cup milk
1 Tbsp lemon rind

Mix butter, eggs and 1 cup white sugar. Beat mixture well. Add flour, baking powder, salt, milk and 1 Tbsp lemon rind to the batter; mix. Line 1 loaf pan with waxed paper. Pour batter into loaf pan and bake at 325°F for 1 hour.

Over baked, hot bread, pour a mixture of juice and remaining rind of 1 lemon plus 1/3 cup white sugar. Leave loaf in pan until completely cooled.

COUNTRY HARVEST BREAD

Linda Buccino

Medium Loaf:
1 1/4 cups water
2 Tbsp skim milk powder
1 1/2 tsp salt
2 Tbsp shortening
2 Tbsp honey
1 cup whole wheat flour
2 cups all purpose flour
1 Tbsp sesame seeds
2 Tbsp sunflower seeds
1/4 cup flax seed
1 3/4 tsp bread machine yeast

Large Loaf:
1 1/3 cups water
3 Tbsp skim milk powder
1 1/2 tsp salt
3 Tbsp shortening
3 Tbsp honey
1 1/4 cups whole wheat flour
2 1/3 cups all purpose flour
2 Tbsp sesame seeds
3 Tbsp sunflower seeds
1/3 cup flax seed
1 3/4 tsp bread machine yeast

Measure ingredients into bread machine baking pan in order suggested by manufacturer. Insert baking pan into oven chamber. Bake using whole wheat cycle.

Note: For a nuttier flavour, sprinkle sesame seeds over the dough when the loaf begins to bake. For variety, sprinkle with oatmeal, grated cheddar cheese or sunflower seeds.

Education is not received; it is achieved.

RHUBARB BREAD

Tracey Rafter

1 1/2 cups sugar
2/3 cup oil
1 egg
1 cup milk
1 tsp baking soda
1 tsp vanilla
2 1/2 cups flour
1 1/2 cups diced rhubarb
Topping:
1/2 cup sugar
1 Tbsp butter
1 1/2 tsp cinnamon

Beat first 3 ingredients together. Add remaining ingredients. Mix well. Pour into 2 loaf pans. Mix topping ingredients together. Sprinkle topping over top of bread. Put in oven at 325°F for 1 hour.

CHOCOLATE CHIP BANANA BREAD

Cecilia Jorgenson
Kristina Lovesey, Sharon McCarter

2 cups flour
1 tsp baking powder
1 tsp baking soda
3/4 cup brown sugar
1/2 cup shortening
2 eggs
3 bananas, mashed
1/2 cup (or more) chocolate chips

Melt shortening. Add sugar and mix. Then add eggs; mix. Add bananas and chocolate chips. Mix. Add flour, baking powder and baking soda; mix. Bake in greased pan at 350°F for 40 to 50 minutes. Makes 2 small or 1 large loaf.

BANANA BREAD

Beth Donovan
mother of James

6 oz margarine
3 cups white sugar
6 eggs
3 tsp vanilla
9 ripe bananas
4 1/2 cups flour
3 tsp baking soda
1.5 tsp salt

Combine margarine and white sugar well. Add eggs and vanilla. Add ripe bananas. Add flour, baking soda and salt to above mixture. Bake at 350°F for 1 hour. Makes 2 loaves.

SPICED APPLE MUFFINS

Rosanna Truelove
Colleen Imbesi

2 cups flour
3 1/2 tsp baking powder
1/2 tsp salt
1/2 cup granulated sugar
1 cup chopped peeled apple
1 egg
1 cup milk
1/3 cup melted butter or shortening
2 Tbsp brown sugar
1/4 tsp cinnamon
1/4 tsp nutmeg

In large bowl, mix together flour, baking powder, salt and sugar. Stir in chopped apples. In separate bowl, combine egg, milk and melted butter. Add to dry ingredients, stirring just until moistened. Do not overmix. Spoon into greased or paper lined muffin cups, filling 3/4 full.

Topping: Combine brown sugar, cinnamon and nutmeg; sprinkle over muffin batter.

Note: It would be good to add about 1 Tbsp of topping into main mixture.

Bake in 400°F (200°C) oven for 15 to 20 minutes or until golden brown.

MUFFINS THAT TASTE LIKE DONUTS

Michael English

1 3/4 cups all purpose flour
1 1/2 tsp baking powder
1/2 tsp salt
1/2 tsp nutmeg
1/4 tsp cinnamon
1/3 cup oil
3/4 cup white sugar (first amount)
1 egg
3/4 cup milk
1/2 cup melted butter
3/4 cup white sugar (second amount)
1 tsp cinnamon

In bowl, combine flour, baking powder, salt, nutmeg and cinnamon. In another bowl, combine thoroughly oil, sugar, egg and milk. Add liquid ingredients to dry and stir only to combine. Pour into muffin tins. Bake at 350°F for 20 to 25 minutes.

In small bowl, mix butter, sugar and cinnamon; set aside for cooked muffins.

Shake muffins out immediately and while hot, dip in butter, sugar and cinnamon mixture. For a delicious variation, fill tins 1/2 full of batter, put 1 tsp jam on top and fill with more batter.

TOMATO SOUP MUFFINS

Natalie Savoy

2 cups flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp cloves
1/2 tsp nutmeg
1/2 tsp cinnamon
2 eggs
1 cup sugar
1/2 cup shortening
1 can tomato soup

Mix all ingredients, pour in muffin tin and bake at 350°F for 25 minutes.

RHUBARB MUFFINS

The McCullagh Family

1/2 cup sour cream or any flavour yogurt
1/4 cup vegetable oil
2 Tbsp milk
1 egg
1 1/2 cups flour
1 cup rhubarb pieces
2/3 cup brown sugar
1/2 tsp baking soda
1/4 tsp salt
Topping:
1/4 cup brown sugar
1/2 tsp cinnamon
2 tsp melted butter

Combine sour cream, oil, milk and egg. Mix flour, rhubarb, sugar, baking soda, salt. Spoon topping on top before cooking. Cook at 350°F for 25 minutes.

BANANA CHOCOLATE MUFFINS

Katryna Beauchamp

3 Post original shredded wheat biscuits
1 cup (250 mL) milk
1/3 cup (75 mL) vegetable oil
1 1/2 cups (375 mL) lightly packed brown sugar
2 eggs
2 cups (500 mL) all-purpose flour
1 Tbsp (15 mL) baking powder
1 tsp (5 mL) each salt and cinnamon
2 ripe bananas, mashed
1/2 cup (125 mL) Baker's semi-sweet chocolate chips

Crush biscuits into fine shreds. Pour milk over top and set aside. Cream oil and sugar. Add eggs and cream until light and fluffy. Add shredded wheat mixture to egg mixture. Stir until combined. Combine dry ingredients and stir into wet mixture. Stir until just moistened. Add banana and chocolate chips. Spoon batter into greased muffin tin generously filling each cup to the top.

Bake at 400°F (200°C) for 25 minutes. Cool on rack. Store in airtight container. Muffins freeze well. Makes 12 muffins.

BANANA MUFFINS

Barbara Beaudoin
Mrs. Dolan

3 large bananas
1/2 cup sugar
1 egg, beaten
1/3 cup oil
1 1/2 cups flour
1/2 tsp salt
1 tsp each baking soda, baking powder
1/2 cup chocolate chips, optional
1 1/2 cups nuts, optional

Mix these ingredients by hand. Mash bananas. Add sugar, beaten egg, oil. Stir in dry ingredients. Bake 20 minutes at 375°F.

BANANA CHIP MUFFINS

Lynn McWade

1 3/4 cups all purpose flour
1/2 cup granulated sugar
3 tsp baking powder
1/2 tsp salt
1/2 cup semi-sweet chocolate chips
1 egg
1/4 cup cooking oil
1/4 cup milk
1 cup mashed bananas (3 medium)

Measure first 5 ingredients into large bowl. Mix thoroughly and make a well in center. Beat egg until frothy. Mix in oil, milk and bananas. Pour into well. Stir only to moisten. Batter will be lumpy. Fill greased muffin tins 3/4 full. Bake in 350°F oven for 20 minutes. Makes 12 to 14 muffins.

CRANBERRY PECAN OATMEAL MUFFINS

Madame White

1 pkg Quaker Oats oatmeal muffin mix (2 doz)
1 pkg frozen cranberries
1 cup chopped pecans

Prepare muffin mix according to package. Add frozen cranberries and pecans. Put in muffin cups. Bake at 350°F for 45 minutes or until brown.

EXTRA RECIPES

Desserts

BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Cakes		
Butter, cupcake	350°	15 - 25
layer	350°	20 - 35
loaf	350°	45 - 60
Fruit	275°	120 -300
Angel	375°	30 - 45
Sponge	350°	30 - 45
Cookies		
Drop	350° - 375°	8 - 15
Meringue	250°	50 - 60 then turn off oven and cool
Rolled	350 - 375°	8 - 12
Squares	350 - 375°	20 - 35
Desserts		
Fruit Crisps	350° - 375°	35 - 45
Cheesecake	350°	45 - 60
Custard	350°	30 - 60
Pastry		
One crust pie (unbaked shell)	400° - 425°	30 - 40
Meringue on cooked filling in preheated shell	350° (or)425°	12 - 15 4 - 5
Shell only	450°	10 - 12
Two crust pie with uncooked filling	400° - 425°	45 - 55
Two crust pie with cooked filling	425° - 450°	30 - 45

INGREDIENT SUBSTITUTIONS

1 cup sifted **all-purpose flour** = 1 cup unsifted all-purpose flour minus 2 tbsp.
= 1 ¼ cups sifted cake and pastry flour
1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1 ½ tsp. baking powder and ½ tsp. salt
1 cup **granulated sugar** = 1 cup brown sugar, firmly packed
1 tbsp. **cornstarch** (for thickening) = 2 tbsp. flour
= 2 tsp. quick cooking tapioca
1 tsp. **baking powder** = ¼ tsp. baking soda plus ¾ tsp. cream of tartar
1 tsp. **double-acting baking powder** = 1 ½ tsp. phosphate baking powder or 2 tsp. tartrate baking powder
1 cup **butter** = 1 cup margarine (hard or brick-type)
= 1 cup shortening
1 cup **liquid honey** = 1 ¼ cups sugar plus ¼ cup liquid
1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid
1 cup **buttermilk** or **sour milk** = 1 tbsp. lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 min.)
1 cup **buttermilk** = 1 cup plain yogurt
1 cup **sour cream** = 1 cup plain yogurt
1 cup **milk** = ½ cup evaporated milk plus ½ cup water
1 cup **skim milk** = 3 tbsp. skim milk powder plus 1 cup water
1 cup **cream** = ¾ cup milk plus ¼ cup butter
1 ounce **chocolate** (1 square) = 3 tbsp. cocoa plus 1 tbsp. butter or shortening
1 package **active dry yeast** = 1 tbsp. active dry yeast
1 **whole egg** = 2 egg yolks
1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup hot water
1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water
1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water
1 cup **tomato ketchup** = 1 cup tomato sauce plus ½ cup sugar plus 2 tbsp. vinegar
1 clove **garlic** = ⅛ tsp. garlic powder
1 tsp. **dry mustard** = 1 tbsp. prepared mustard
1 small **onion** = 1 tbsp. dehydrated, minced onion
1 tbsp. **fresh herbs** (eg) parsley, oregano = 1 tsp. dried
Juice of 1 **lemon** = 3 to 4 tbsp. bottled lemon juice

DESSERTS

APPLE PIE

Isabelle Fortier

Pastry, for a 2 crust pie
6 to 8 tart cooking apples
1 Tbsp lemon juice
1 cup sugar
3 to 3 1/2 Tbsp flour
1 tsp ground cinnamon
1/4 tsp ground nutmeg
1/8 tsp salt
2 Tbsp butter or margarine

Prepare a 9 inch pie shell; roll out remaining pastry for top crust. Set aside. Wash, quarter, core, pare and thinly slice apples. Turn into a bowl and drizzle with lemon juice. Toss lightly with mixture of sugar, flour, cinnamon, nutmeg and salt. Turn mixture into unbaked pie shell. Dot apples with butter. Put second crust on top and seal ends.

Bake at 450°F for 10 minutes; reduce oven temperature to 350°F and bake about 40 minutes, or until crust is lightly browned. Serve warm or cold.

SIMPLE BANANA CREAM PIE
(Very Simple)

Kristina Lovesey

3 large bananas
1 large pkg instant banana pudding mix
1 graham or Oreo already made crust
1 medium tub Cool Whip
1/2 cup chocolate chips

Make instant banana pudding. Pour into already made crust (graham or Oreo). Refrigerate for approx 1 hour. Slice bananas and place over entire top of pudding. Cover with whip cream. Sprinkle with chocolate chips. Enjoy.

JEANINE'S SUGAR PIE

Louise Skrastins

1 cup white sugar
1 cup brown sugar
1 Tbsp flour
1 egg
1 cup milk

Mix sugars and flour well. Add egg and mix to form paste. Add milk and mix. Put mixture in unbaked pie shell. Bake at 350°F for 30 minutes or until middle is jelled.

OATMEAL CHOCOLATE CHIP COOKIES

Mrs. Dawn Caissie

1/2 cup butter (margarine)
1 cup brown sugar
1 egg
1/2 tsp vanilla
1 cup flour
1 cup oats
1/2 tsp baking soda
1/4 tsp salt
1 cup chocolate chips

Mix first 4 ingredients in blender then add the rest. Place individual scoops and press lightly on pan. Bake for 8 to 10 minutes at 350°F.

COWBOY COOKIES

Leslie Byers
mom of Jake and Erin

1 cup margarine or butter
1 cup brown sugar
1 cup white sugar
2 eggs
1 tsp vanilla
2 cups flour
1 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
2 cups oatmeal
1 cup chocolate chips or 1 cup raisins or 1/2 and 1/2

Cream together margarine, sugars, eggs and vanilla. Mix together flour, baking soda, baking powder and salt. Slowly beat flour mixture into creamed mixture. When all mixed, add oatmeal and chocolate chips or raisins and mix by hand until combined. Drop by teaspoonfuls onto cookie sheet; bake 8 to 10 minutes at 350°F.

CHOCOLATE CHIP COOKIES

Laurie Mask

1 cup Crisco shortening
3/4 cup brown sugar
3/4 cup white sugar
2 eggs
Vanilla
2 1/4 cups flour
1 Tbsp salt
1 Tbsp water
1 tsp baking soda
1 cup chocolate chips

Cream shortening and sugar together. Add eggs and mix well. Add vanilla. Mix salt into flour and soda into water. Add 1/2 of the flour mixture to the shortening mixture; mix well. Add 1/2 of water mixture; mix well. Add remaining flour mixture; mix well. Add remaining water mixture; mix well. Add chocolate chips. Bake at 375°F on greased cookie sheet 10 minutes for chewy cookies, 12 minutes for crunchy cookies.

LARGE CHOCOLATE CHIP COOKIES

Suzanne Skinner

2 sticks unsalted butter (8 oz)
1 cup sugar
1 cup packed brown sugar
2 tsp vanilla extract
2 extra large eggs
3 cups all purpose flour
1 tsp baking soda
1 tsp salt
24 oz semi-sweet chocolate chips
2 cups coarsely chopped toasted pecans

Make sure butter is room temperature. In large bowl, beat butter and sugar until light and creamy, about 3 minutes. Beat in vanilla and eggs until smooth. In medium bowl, combine flour, soda and salt. Gradually beat flour mixture into butter mixture. Mix in chocolate chips and roasted pecans.

Measure 1/4 cup scoops and drop onto cookie sheet. Allow 3 inches between each cookie. Bake at 350°F for 15 minutes until light golden brown. Let cool on sheet before removing to rack. Enjoy.

MRS. FIELDS CHOCOLATE CHIP COOKIES

Donna Kemp

1/2 cup butter
1/2 cup white sugar
1/2 cup brown sugar
1 egg
1 tsp vanilla
1 cup flour
1 1/4 cups oatmeal (blend to powder)
1/4 tsp salt
1/2 tsp baking powder
1/2 tsp baking soda
6 oz (3/4 cup) chocolate chips
2 oz Hershey bar, grated
3/4 cup chopped nuts, optional

Cream together butter, white sugar and brown sugar. Add egg and vanilla. Mix together flour, oatmeal, salt, baking powder and baking soda. Mix all together, then add chocolate chips and Hershey bar. Can add chopped nuts.

If you don't have Hershey, add 8 ounces chocolate chips. Bake on ungreased cookie sheet 2 inches apart at 375°F for 6 to 7 1/2 minutes (light golden brown).

No knowledge, no doubt.

BANANA CHOCOLATE CHIP COOKIES

The Mathesons

1 cup butter
1 cup firmly packed brown sugar
2 large eggs
1 tsp vanilla extract
3 medium mashed bananas
3 cups all-purpose flour
2 tsp baking powder
1/2 tsp baking soda
1 1/2 tsp cinnamon
1/2 tsp nutmeg
2 cups chocolate chips

Preheat oven at 350°F. Lightly butter cookie sheets.

Electric Mixer Method: Cream butter, add sugar and beat until fluffy. Add eggs and vanilla extract and beat until well blended. Puree bananas and beat into mixture. In large bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Add gradually to creamed mixture and beat well. Add chocolate chips and stir them in by hand until they are well distributed through dough.

Spoon onto prepared cookie sheets by heaping teaspoons. Bake 12 to 14 minutes or until lightly golden and springy to the touch. Cool on racks.

Hint: A 12 ounce package of chips yields 2 cups.

DAD'S FAVOURITE GIANT COOKIES

Alisha O'Hearn

2 cups raisin bran cereal, crushed to 1 1/2 cups
1 cup whole wheat flour
1 cup all-purpose flour
1 tsp baking soda
3/4 cup margarine, softened
3/4 cup granulated sugar
1/2 cup brown sugar, packed firm
2 eggs

Stir together raisin bran cereal, flours and soda. Set aside.

In large mixing bowl, beat margarine, sugar and brown sugar until light and fluffy. Add eggs. Beat well. Add flour mixture. Mix thoroughly. Drop by level 1/4 cup measure onto ungreased cookie sheet.

Bake at 325°F for 12 to 14 minutes or until lightly browned. Yield: 16 cookies, 1.6 g fiber each.

GINGERBREAD COOKIE DOUGH

Adam Spitzig

1/2 cup shortening
1/3 cup packed light brown sugar
1/4 cup dark molasses
1 egg white
1/2 tsp vanilla
1 1/2 cups all-purpose flour
1 tsp ground cinnamon
1/2 tsp baking soda
1/2 tsp salt
1/2 tsp ground ginger
1/4 tsp baking powder

Beat shortening, brown sugar, molasses, egg white and vanilla in large bowl at high speed of electric mixer until smooth. Combine flour, cinnamon, baking soda, salt, ginger and baking powder in small bowl. Add to shortening mixture; mix well. Cover; refrigerate about 8 hours or until firm. Bake in 350°F oven on greased cookie sheet for 6 to 8 minutes or until edges begin to brown.

ALLY ALLIGATOR'S SNAPPY GINGER COOKIES

Heather Murray

1 cup butter or hard margarine
1 1/2 cups white sugar
1 large egg
2 Tbsp dark corn syrup
1/2 cup molasses
3 cups all-purpose flour
2 tsp baking soda
2 tsp cinnamon
1 tsp ginger
1/4 tsp cloves
1/2 tsp salt
1/4 cup white sugar, for coating

Preheat oven to 375°F (190°C). Put first 5 ingredients into bowl and mix until blended. Beat on medium speed until smooth. Add the next 6 ingredients and stir until moistened. Roll into 1 1/2 inch (3.5 cm) balls.

Put remaining white sugar into a bowl and roll each in sugar to coat them. Place on ungreased cookie sheet and bake 12 to 14 minutes. Let stand 2 minutes before removing from cookie sheet. Makes 3 1/2 dozen.

SHORTCAKE COOKIES

Virginia Rafter

2 cups flour
2 Tbsp sugar
3 tsp baking soda
1/2 tsp salt
1/2 cup butter
1 beaten egg
1/2 cup cream

Sift all dry ingredients together. Cut in butter until mixture resembles coarse crumbs. Combine egg and cream. Stir into mixture. Drop on pan by the teaspoon. Cook in 450°F oven for 8 to 10 minutes.

SOFT GINGER COOKIES

Michelle Gauthier

1/2 cup unsalted butter
1/2 cup granulated sugar
1/2 cup molasses
1 egg
1 tsp vanilla
2 cups all-purpose flour
2 tsp ground ginger
1 tsp cinnamon
1 tsp baking soda
1/2 tsp salt

Preheat oven to 350°F. Using electric mixer, beat butter with sugar until very creamy, about 3 minutes. Beat in molasses, egg and vanilla. Stir flour with ground ginger, cinnamon, baking soda, salt. Using wooden spoon, gradually stir into butter mixture. Do not overmix.

Using about a tablespoonful, form dough into balls, about 1 inch in diameter. Place about 2 inches apart on greased baking sheet. Bake about 13 to 15 minutes.

NO BAKE ROLL

Jackie Shea
David, Steven, Mathew

1 tin Eagle Brand milk
1 tsp vanilla
3/4 to 1 pkg mini marshmallows
2 cups graham wafer crumbs
1 pkg shredded coconut

Butter your fingers and mix first 4 ingredients in a bowl. After mixed, make into a log and roll in coconut. Wrap and chill. Slice as needed. Can be kept frozen, too! Easy addition to Christmas baking!

DATE BALLS OR LOGS

Samantha Arnold

1 large egg, beaten
1 cup white sugar
1/2 cup butter
1 cup dates, chopped (soften in microwave)
1 tsp vanilla
2 1/2 cups Rice Krispies
1/4 cup walnuts, chopped (optional)
1 pkg sweetened medium desiccated coconut

In double boiler or heavy pot, cook the first 4 ingredients until smooth. Cool. Add the next 3 ingredients; stir well. Form into 1 1/2 inch balls, roll in coconut, chill or form into a 2x6 inch log, roll in coconut, chill, slice 1/4 inch thick.

BROWN SUGAR COOKIES

Tyler Neilson

1 cup butter
2 eggs
3 cups flour
2 cups brown sugar
1 tsp vanilla
1 tsp soda

Preheat oven to 350°F. Mix all ingredients together in bowl. Roll into 1 inch balls, place on cookie sheet and press with fork. Bake in oven for 6 to 8 minutes.

LEMON SUGAR COOKIES

Lisa Senack

1 cup unsalted butter, softened
1 1/4 cups granulated sugar
2 eggs
1 egg yolk
1 Tbsp grated lemon rind
3 cups all purpose flour
1/2 tsp baking powder
1/2 tsp salt
1 egg white, lightly beaten
Granulated sugar

In bowl using electric mixer, cream butter and sugar until light and fluffy. Beat in eggs, egg yolk and lemon rind until incorporated. In separate bowl, combine flour, baking powder and salt; stir into butter mixture to make a smooth dough. Seal and refrigerate for 4 hours or overnight. (Dough can also be frozen for up to 1 month.)

Divide dough in half. Roll each piece to about 1/4 inch thickness. Cut out shapes; place on greased baking sheet. Lightly brush with egg white. Using small spoon, sprinkle tops with a light coating of sugar. Bake at 350°F (180°C) for 12 to 14 minutes or until light golden around edges. Makes 6 dozen.

CHOCOLATE PEANUT BUTTER BALLS

Katherine Rodney

1 cup peanut butter
1 cup peanuts, finely chopped
1 cup icing sugar
Coating:
4 to 5 squares semi-sweet chocolate
2 tsp butter

Combine peanut butter, peanuts and icing sugar. Form into small balls (approx 1 inch). Chill for 1/2 hour. Melt chocolate and butter on low heat. Roll balls in chocolate mixture and place on waxed paper. Store in fridge. Makes 3 to 3 1/2 dozen.

JAM DIAMONDS

Karen Jerome

2/3 cup sugar
3/4 cup margarine or butter, softened
2 tsp vanilla
1 egg
2 cups flour
1/2 tsp baking powder
1/2 cup jam (jelly) preserves

Heat oven to 350°F. In large bowl, combine sugar and margarine; beat until light and fluffy. Add vanilla and egg; blend well. Lightly spoon flour into measuring cup; level off. Add flour and baking powder; mix well.

Divide dough into 4 equal parts. On lightly floured surface, shape each part into 12x3/4 inch roll; place on ungreased cookie sheets. Using handle of wooden spoon or finger, make depression about 1/2 inch wide and 1/4 inch deep down center of each roll. Fill each roll with about 2 Tbsp jam.

Bake at 350°F for 15 to 20 minutes or until light golden brown. Cool slightly. Cut each baked roll diagonally into 12 cookies. Remove from cookie sheets. Cool on wire racks. Makes 4 dozen.

CANDY COOKIES

Isabelle Fortier

1 cup softened unsalted butter
1 cup loosely packed brown sugar
1/2 cup white sugar
2 eggs
1 1/2 tsp vanilla
2 1/2 cups all purpose flour
1 tsp baking soda
Pinch salt
1 cup candy covered chocolate pieces, like Smarties or M&M's

Preheat oven to 375°F. Beat butter in large bowl for about 30 seconds. Pour in brown and white sugar and beat until fluffy. Add eggs and vanilla and beat well. In small bowl, mix flour, baking soda and salt, then add to large bowl. Beat until well mixed. Stir in candies.

Drop teaspoons of dough about 2 inches apart onto ungreased cookie sheets. Flatten cookies slightly with a spoon. Bake for 8 to 10 minutes, or until cookies are very lightly browned. Makes about 36 cookies.

Skipping classes will make the teacher hopping mad.

PEANUT COOKIES

The Bradley Family
Stephanie and Rebecca

1/2 cup shortening
1/2 cup brown sugar
1/2 cup white sugar
1 egg
1/2 cup corn flakes
1/2 cup rolled oats
1 cup flour
1 tsp soda
1/2 tsp salt
1 tsp vanilla
1 cup salted peanuts

Mix shortening and sugar. Add egg and mix well. Add sifted dry ingredients and mix with corn flakes and rolled oats and nuts. Add vanilla. Drop by spoonful keeping the cookie a line apart. Bake at 375°F for 10 minutes.

CARAMILK COOKIES

Colleen Imbesi

1 cup brown sugar
1 cup granulated sugar
1 cup butter
2 eggs
2 1/2 cups flour
1 tsp baking soda
2 tsp vanilla
1 large Caramilk chocolate bar

Cream butter, sugars, eggs and vanilla. Add baking soda and flour, 1 cup at a time. Flatten batter in hand then place a piece of Caramilk in dough, then cover with batter. Ensure chocolate is completely covered. Bake at 350°F for 7 to 8 minutes.

HONEY DROPS

Alison Purdy

1 cup soft shortening (or part butter)
1 cup brown sugar
2 eggs
1/3 cup liquid honey
1 tsp vanilla
3 1/2 cups sifted all-purpose flour
2 tsp baking soda

Heat oven to 350°F. Cream shortening, sugar and eggs together thoroughly. Mix in honey and vanilla. Add sifted flour and baking soda. Chill dough until firm in fridge (several hours or overnight). Roll into balls the size of walnuts. Place on ungreased cookie sheet. Bake 10 to 12 minutes.

When slightly cooled, put together with apricot jam (or substitute your favourite). Makes 3 1/2 dozen double cookies.

CHOCOLATE HEART COOKIES

Victoria Nogueira

1 cup (240 mL) sugar
1 cup (240 mL) butter or margarine, softened
1/4 cup (60 mL) milk
1 tsp vanilla
1 egg
2 3/4 cups (560 mL) all-purpose flour
1/2 cup (120 mL) unsweetened cocoa
3/4 tsp (6 mL) baking powder
1/4 tsp (2 mL) baking soda
Frosting:
2 cups (480 mL) powdered sugar
1/2 cup (120 mL) butter or margarine, softened
Red food colouring
2 to 3 Tbsp (30 to 45 mL) maraschino cherry liquid or milk

In large bowl, beat sugar and 1 cup (240 mL) softened butter or margarine until light and fluffy. Add milk, vanilla and egg; blend well. Stir in flour, cocoa, baking powder and baking soda; mix well. Cover with plastic wrap. Refrigerate 1 hour for easier handling.

Heat oven to 350°F (190°C). On floured surface, roll out 1/3 of the dough at a time, to 1/8 inch (3 mm) thickness. Keep remaining dough in refrigerator. Cut with floured heart shaped cookie cutters (or you might want to choose a different shape). Place cookies 1 inch (2.5 cm) apart on ungreased cookie sheets. Return any unused dough to bowl for rerolling.

Bake at 350°F (190°C) for 9 to 11 minutes, or until set. Remove from cookie sheets immediately; allow to cool completely.

Frosting: In small bowl, combine all ingredients, adding enough cherry liquid or milk for desired spreading thickness; blend until smooth. Frost top side of cookie. Enjoy with a friend!

COCONUT MACAROONS

Mary McDonald

2 cups sugar
6 Tbsp cocoa
1/2 cup margarine
1/2 cup milk
1/2 tsp vanilla
3 cups Ogilvie instant oats
1 cup flaked coconut

Combine sugar and cocoa in saucepan. Add margarine and milk; bring to a boil. Add vanilla. Remove from heat and blend in oats and coconut. Drop by spoonfuls onto waxed paper. Chill until firm. Yields 4 1/2 dozen 1 inch cookies.

CHOCOLATE MACAROONS

Katie Lapp

1 1/2 cups sugar
5 Tbsp cocoa
1/2 cup milk
1/2 cup shortening
3 cups oats
1 cup coconut
1 tsp vanilla
1/4 tsp salt

Combine sugar and cocoa in saucepan. Add milk slowly. Stir over heat until sugar dissolves. Bring to boil. Add shortening and oats, stirring briskly. Cook for 1 to 2 minutes, stirring constantly. Remove from heat. Add coconut, vanilla and salt; mix.

CHINESE CHEWS

Mrs. Nancy L. Leslie

Cake Base:
1/2 cup melted butter or margarine (8 Tbsp)
3/4 cup brown sugar
Yellow of 2 eggs
1 tsp vanilla
1 1/4 cups flour, sifted
1/4 tsp salt
1 tsp baking powder
Topping:
2 egg whites
1 cup brown sugar
1 cup walnuts
1 tsp vanilla

Cake Base: To melted butter, add sugar, eggs and vanilla. To flour, sift together salt and baking powder. Add butter mixture to this. Put in cake pan that is greased and cook at 350°F for about 20 minutes.

Topping: Whip egg whites, add and mix in brown sugar, walnuts and vanilla. Pour this mixture over Cake Base and put back in oven until golden brown.

RICE KRISPIE COOKIES

The Bradley Family
Stephanie and Rebecca

1/2 cup Crisco
1/2 cup white sugar
1/2 cup brown sugar
1 egg
1 cup pastry flour
1/4 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1/2 tsp vanilla
1 cup rolled oats
1 cup Rice Krispie cereal

Cream shortening and sugars. Add egg and vanilla; mix. Add dry ingredients. Drop from spoon onto greased sheets. Bake at 375°F for 10 minutes.

MICHAEL'S FAMOUS ALMOND CLUSTER

Michael Pichette

13 oz bittersweet or semi-sweet chocolate or milk chocolate
3 cups unsalted dry roasted almonds

Break up chocolate slightly and place in a large heatproof bowl. Fill medium saucepan 1/2 full of water and bring to boil. Remove from heat and when rapid boiling stops, set bowl on top of, but not in, water. Stir chocolate occasionally until it melts, placing saucepan back on low heat if chocolate doesn't completely melt. Be sure not to let water come to boil again. Stir in almonds until evenly coated.

Place by heaping teaspoonfuls on waxed paper and leave, uncovered, at room temperature until cool and set, at least 3 hours. Store in cool place. Makes about 3 dozen. Preparation Time: 15 minutes.

BUTTER TART SQUARES

Sue Hodgins

Base:
1/2 cup butter
1 cup flour
1/4 cup brown sugar, packed
Filling:
1 cup brown sugar
3 Tbsp butter
1 egg
3 Tbsp flour
1 cup raisins
1/2 cup walnuts, optional

Base: In small bowl, blend butter, flour and sugar to pastry consistency. Put into 8 inch square pan and pat to cover bottom of pan.

Filling: In medium bowl, cream sugar and butter together. Add egg, stir in remaining ingredients and spread over base. Bake at 325°F for 30 to 40 minutes, until golden brown. Cool before cutting into squares. These may also be frozen and served at a later date.

BUTTER TARTS

Pamala Arsenault

1/2 cup butter
1/2 cup raisins
1 cup brown sugar
2 eggs

Melt butter. Then add the rest of the ingredients and mix well. Put 3/4 into small pie shells. (Shells should be 2 inches.) Cook for 20 minutes at 325°F. For tastier tarts, add some raisins in the bottom of the pie shells before adding the ingredients.

You can substitute the raisins by adding pecans on top of the butter tarts.

BUTTER TARTS

Charlene Flynn

2 eggs
2 cups brown sugar
2 Tbsp vinegar
1 tsp vanilla
1/2 cup butter
2 Tbsp milk
2/3 cup currants or raisins, optional
24 pre-made tart shells

Bake at 350°F for about 20 to 30 minutes till brown.

HELLO DOLLY SQUARES

Laurie Mask

1/4 cup butter
1 cup graham wafer crumbs
1 cup coconut
1 cup chocolate chips
1 cup Rice Krispies
1 can Eagle Brand milk

Melt butter. Add graham wafer crumbs and combine to make crust. Spread (in layers) coconut, chocolate chips, Rice Krispies. Pour Eagle Brand milk over top. bake at 350°F for approx 30 minutes or until golden on top. Use 8x8 inch ungreased pan.

MARSHMALLOW SQUARES

Donna Jones

2 eggs
1 cup white sugar
3/4 cup butter
1/2 pkg social tea cookies
2 cups small marshmallows

Cook above ingredients about 10 minutes on stove top (low heat) or microwave for about 5 minutes. Add 1/2 pack social tea cookies (roll into crumbs). Add 2 cups small marshmallows. Place in 9 inch square buttered pan and then in refrigerator for a couple of hours.

ROCKY ROAD SQUARES

Emily Beaudoin

3 cups mini marshmallows
2 1/2 cups crisp rice cereal
1/2 cup corn syrup
1 cup semi-sweet chocolate chips
1/2 cup creamy peanut butter

In large bowl, combine marshmallows and cereal. In saucepan, combine syrup and chocolate chips. Stir over low heat until smoothly melted. Remove from heat. Stir in peanut butter. Pour over marshmallow mixture and mix well. Press firmly into greased 9 inch (23 cm) square pan. Chill and cut into squares. Makes about 25 squares.

PEANUT BUTTER CUP SQUARES

Cindy Broderick

1 cup butter/margarine
1 cup peanut butter
2 2/3 cups powdered sugar (icing)
1 tsp vanilla
1 1/2 cups crushed graham crackers
Topping:
1 to 1 1/2 cups chocolate chips
1 tsp vegetable oil
2 Tbsp margarine

Soften margarine and peanut butter in microwave just enough to easily blend. Stir in sugar, graham crumbs and flavouring. Press into 9x13 inch greased pan.

Combine chocolate chips and oil. Soften in microwave 1 1/2 minutes. Stir. Add 2 Tbsp margarine. Microwave 1 minute until soft. Blend. Spread over base. Chill until set.

NUTTY CHOCOLATE SNACKING SQUARES

Angela Bettino

1/3 cup vegetable oil
2 squares unsweetened chocolate
3/4 cup water
1 cup sugar
1 egg
1 1/4 cups flour
1/2 tsp salt
1/2 tsp baking soda
1 tsp vanilla
175 g pkg semi-sweet chocolate chips
1/3 cup chopped pecans or walnuts, optional

Heat vegetable oil and chocolate squares in 8 inch square cake pan in 350°F oven for about 5 minutes or until chocolate is melted. Add water, sugar, egg, flour, salt, baking soda and vanilla. Beat with fork about 2 minutes, until smooth. Spread evenly in pan; sprinkle with chocolate chips and nuts (optional). Bake at 350°F oven for 40 minutes or until cake tester comes out clean.

SKOR SQUARES

The Finnigan Family

1 box Ritz crackers, crushed
1 can Eagle Brand
1 bag Skor pieces (save 1/4 of Skor pieces for top)
1 can vanilla icing

Stir above together and spread in an even layer in 9x12 inch pan. Bake 15 to 20 minutes at 350°F. Spread vanilla icing on top when cool. Sprinkle rest of Skor pieces on top.

BANANA SPLIT SQUARES

Sandie Cybulski

Crust:
2 cups graham wafer crumbs
1/2 cup melted butter
1/4 cup sugar
Filling:
1/2 cup butter, at room temperature
1 1/4 cups icing sugar
1 tsp vanilla
Topping:
2 cups (500 mL) whipping cream
3 Tbsp sugar
3 bananas, sliced
19 oz can crushed pineapple, drained
1 cup chopped nuts
300 g pkg frozen unsweetened strawberries, thawed (optional)

Crust: Combine crumbs, butter and sugar. Mix well and press into 13x9 inch baking pan. Chill 1 hour.

Filling: Beat butter with icing sugar and vanilla. Spread over crust and chill 1 hour.

Topping: Whip cream with sugar until stiff; set aside. Scatter bananas, pineapple and strawberries over filling. Top with cream, spreading evenly. Scatter nuts on top to finish. Chill until ready to serve.

Per Square: 260 calories, 18.6 g fat.

CHOCOLATE-PEANUT BUTTER FUDGE

Stefanie Spitzig

3 3/4 cups (925 mL) icing sugar
1/2 cup (125 mL) good quality cocoa
1/2 cup (125 mL) crunchy peanut butter
1 tsp (5 mL) vanilla
1 cup (250 mL) butter

Generously butter 9 inch (2.5 L) square pan; set aside.

In large bowl, sift together icing sugar and cocoa; add peanut butter and vanilla. In heavy saucepan, melt butter over medium-low heat. Add melted butter to icing sugar mixture; stir until well combined. Spoon mixture into prepared pan, spreading level. Cover surface of fudge with plastic wrap, smoothing surface with palms of your hand. Refrigerate until cooled and hardened.

Remove plastic wrap. Using knife dipped in hot water, cut fudge into 36 squares. Store in airtight container in fridge with wax paper between layers.

CHOCOLATE FUDGE

Deborah Harris (1997)
Jennifer Harris (2000)

6 cups white sugar
1 1/2 cups butter
1 large can evaporated milk
2 pkg chocolate chips
1 jar marshmallow cream
1 cup nuts, optional

Combine sugar, butter and evaporated milk in a heavy pot and cook until boiling. Boil for 10 minutes, stirring the whole time the pot is on the stove (burns easily). Take off the burner. Add chocolate chips, marshmallow cream and nuts. Make sure to mix well. Pour into 13x9 inch pan (lined with wax paper works fine). Makes 6 pounds of chocolate fudge.

FIVE MINUTE FUDGE

Jana Scherr

2/3 cup Carnation milk
1 2/3 cups sugar
1/4 tsp salt
1 1/2 cups miniature marshmallows
1 1/2 cups chocolate chips
1 tsp vanilla
1/2 cup chopped nuts, optional

In large fry pan, combine Carnation milk, sugar and salt. Bring to a boil and reduce heat. Simmer for 4 to 5 minutes. Remove from heat and add marshmallows; stir until melted. Add chocolate chips, vanilla and nuts. Mix well until dissolved and pour into greased 8 or 9 inch pan. Let set several hours.

TABLET
(Scottish Fudge)

Matthew, Michael and Emily McCullagh

1 can condensed milk (Eagle Brand)
4 1/2 cups sugar (white)
1 cup milk
1 tsp vanilla
1 tsp butter

Boil condensed milk, sugar and milk for 15 minutes (until mixture drops and forms a ball in cold water). Add vanilla and butter; beat until stiffened, approx 10 minutes. Spread in 9x13 inch pan and score mixture. Let harden in fridge. Freezes well.

THE MILLION DOLLAR RECIPE

Chris Martin

1 Pillsbury refrigerated pie crust from 15 oz pkg, softened
8 oz pkg cream cheese, softened
3 Tbsp sugar
1 tsp vanilla
3 eggs
15.1 oz pkg Pillsbury Thick n' Fudgy hot fudge swirl deluxe brownie mix
1/4 cup oil
2 Tbsp water
1/2 cup chopped pecans

Preparation Time: 15 minutes. Ready in 4 hours, 5 minutes.

Heat oven to 350°F. Prepare pie crust as directed on package for 1 crust filled pie using 9 inch pie pan. In medium bowl, combine cream cheese, sugar, vanilla and 1 of the eggs; beat until smooth. Set aside.

Reserve hot fudge packet from brownie mix for topping. In large bowl, combine brownie mix, oil, 1 Tbsp of the water and remaining 2 eggs. Beat 50 strokes with spoon.

Spread 1/2 cup brownie mixture in bottom of crust lined pan. Spoon and spread cream cheese mixture over brownie layer. Top with remaining brownie mixture, spreading evenly. Sprinkle with pecans. Bake at 350°F for 40 to 50 minutes or until centre is puffed and crust is golden brown. If necessary, cover edge of crust with strips of foil after 15 to 20 minutes of baking to prevent excessive browning. Pie may have cracks on surface.

Place hot fudge in small microwave safe bowl. Microwave on high for 30 seconds. Stir in remaining tablespoon water. Drizzle fudge over top of pie. Cool 3 hours or until completely cooled.

TRUFFLES

Sarah Ricard

1/2 cup butter
1/3 cup cocoa
3/4 cup icing sugar
Variety of sugar decorations, shredded coconut, ground nuts, etc.

Cream butter until pliable. Sift in cocoa; blend well. Add icing sugar. Mix together well. Add more icing sugar if too soft. Put in fridge a while. Roll balls in decorations to coat.

NANAIMO BARS

Sue Hodgins

1/2 cup butter
1/4 cup sugar
5 Tbsp cocoa
1 egg
1 tsp vanilla
1 2/3 cups fine graham wafer crumbs
1 cup desiccated coconut
1/2 cup chopped walnuts, optional
1/4 cup butter
2 cups icing sugar
1 egg
4 squares semi-sweet chocolate or 2/3 cup Chipits
1 Tbsp butter

Combine first 5 ingredients and cook over medium heat, stirring constantly until smooth and slightly thickened. Then stir in graham wafer crumbs, coconut and walnuts (optional). Press into 8x8 inch baking pan.

Cream 1/4 cup butter and gradually beat in icing sugar and egg. Spread over crumb mixture in pan and chill about 15 minutes.

Melt chocolate and 1 Tbsp butter together over hot water. Spread on top of icing. Chill until set, then cut into squares. Store in fridge. These may also be frozen and served at a later date.

NANAIMO BARS

Michael Lapp

6 squares semi-sweet chocolate
3/4 cup plus 1 Tbsp butter
2 Tbsp sugar
1 tsp vanilla
1 egg
2 cups graham wafer crumbs
1 cup coconut
1/2 cup chopped walnuts
2 Tbsp Bird's custard powder
3 Tbsp milk
2 cups icing sugar

Base: Melt 2 squares semi-sweet chocolate. Combine with 1/2 cup soft butter, sugar, vanilla and egg. Mix well. Add graham wafer crumbs, coconut and chopped walnuts. Mix well. Press into 9 inch square pan. Chill.

Filling: Combine custard powder with milk. Add to 1/4 cup soft butter. Beat in icing sugar until smooth. Spread over base. Chill 15 minutes.

Glaze: Melt 4 squares semi-sweet chocolate with 1 Tbsp soft butter. Chill.

Cut into bars. Makes about 3 dozen. Enjoy!

BANANA PEANUT GRANOLA BARS

Crystalena and Dominique Paquette

1 cup (250 mL) Kraft light peanut butter
1/2 cup (125 mL) honey
1/4 cup (50 mL) vegetable oil
2 cups (500 mL) rolled oats
1/2 cup (125 mL) wheat germ
1/2 cup (125 mL) dark raisins
1/2 cup (125 mL) chopped dried bananas
1/4 cup fresh bananas
1 tsp cinnamon
2 Tbsp brown sugar

Heat oven to 350°F (180°C). Combine peanut butter, honey and oil; stir in remaining ingredients. Spread mixture into 9 inch (2.5 L) square pan. Bake 25 minutes. Cool. Cut into bars or triangles. Makes 27 bars.

CHOCOLATE CHIP BARS

Cindy Broderick

1 Tbsp butter
1/2 cup peanut butter
1 small pkg chocolate chips
1 cup icing sugar
2 cups Rice Krispies
1/4 cup coconut

Melt butter, peanut butter and chocolate chips on low heat on stove. Add icing sugar and Rice Krispies. Let cool. Roll into balls. Dip into coconut.

SWEET MARIE BARS

Debbie McGuire

1/2 cup sugar (brown)
1/2 cup corn syrup
1/2 cup peanut butter
1 Tbsp butter
1/2 cup salted peanut halves
2 1/2 cups Rice Krispies
Topping:
2 pure milk chocolate bars
1 Tbsp butter

Melt brown sugar, corn syrup, peanut butter and butter over low heat. Remove and add peanuts and Rice Krispies. Put into greased 8 inch pan and cool.

Topping: Melt chocolate bars and butter. Spread over cooled mixture. Enjoy!

Character development is the true aim of education.

FUDGE BROWNIES

Domenica Santoro Gemmell

2 cups semi-sweet chocolate chips
1 cup butter, melted
1 1/4 cups all purpose flour
1 cup granulated sugar
4 eggs
2 tsp baking powder
Glaze:
3/4 cup semi-sweet chocolate chips
2 Tbsp butter

Brownies: Melt chocolate chips with butter over hot water. Stir in flour, sugar, eggs and baking powder. Blend with fork. Spread evenly in greased 13x9 inch pan. Bake at 350°F for 30 minutes until cake tester in centre has moist (not wet) crumbs on it. Cool.

Glaze: Melt chocolate chips, 2 Tbsp each butter and water over hot water; stir until smooth. Cool. Spread over surface of brownies. Cut into squares. Makes about 64 brownies.

DECADENT BROWNIES WITH TRIPLE CHOCOLATE DRIZZLE

Jordan Filoso

1/2 cup unsalted butter
2 oz semi-sweet chocolate
2 oz unsweetened chocolate
2 oz bittersweet chocolate
1 cup white sugar
2 large eggs
1/2 tsp vanilla
3/4 cup flour
1/2 tsp baking powder

Preheat oven to 350°F. Grease 8 inch square or round pan. Over low heat, melt butter and all 3 chocolates. Stir constantly. Remove from heat and stir in sugar. Beat in eggs, 1 at a time. Stir in vanilla. Gently stir in flour and baking powder. Pour into pan. Bake 21 minutes exactly. Should look slightly under done. Cool on wire rack in pan. Cut into squares, triangles or wedges.

Melt 1 square each of white, milk and bitter chocolate, separately, and scrape into a Baggie. Snip off a tiny corner of each bag and drizzle over brownie. The smaller the hole in the bag, the more delicate it will look.

Store airtight up to 3 days or freeze up to 1 month.

An aim in life is the only fortune worth finding.

DECADENT BROWNIES

Chris Fraser's mom, Cathy

1 cup brown sugar
1 cup white sugar
3/4 cup cocoa
1 cup melted butter
3 eggs
1 cup flour
1 1/2 tsp baking powder
1 cup walnuts
1 bag milk chocolate chips or white chocolate chips
Icing:
1/2 cup soft butter
1/2 cup cocoa
1 tsp vanilla
2 to 3 Tbsp cream or half and half
Icing sugar

Preheat oven to 350°F. In food processor, mix the first 4 ingredients until blended. With food processor running, add eggs until well mixed. Add remaining ingredients and process. Bake for 30 minutes in greased pan, no longer.

Icing: Add icing sugar to desired consistency.

Note: For adult version, add 4 tsp Baileys Irish cream rather than half and half.

CHEESECAKE BROWNIES

Cathy Harris

4 oz unsweetened chocolate
1/2 cup butter or margarine
1 1/3 cups sugar
1/2 tsp vanilla
3 eggs
3/4 cup flour
8 oz pkg cream cheese
1/3 cup sugar
1 egg
4 tsp flour
1/4 tsp vanilla
1/2 cup chocolate pieces

Chocolate Batter: Melt unsweetened chocolate and butter over low heat. Remove. Stir in 1 1/3 cups sugar and 1/2 tsp vanilla. Cool 15 minutes. Beat in 3 eggs and 3/4 cup flour.

Cheesecake Filling: Combine cream cheese, 1/3 cup sugar, 1 egg, 4 tsp flour and 1/4 tsp vanilla in bowl.

Spray 8x8x2 inch pan with nonstick spray. Spread 2/3 of Chocolate Batter in pan. Spoon Cheesecake Filling over top. Dollop with remaining Chocolate Batter. Bake at 350°F for 20 minutes.

Sprinkle with chocolate pieces. Bake for 12 minutes more. Cool in pan on wire rack. Cut into squares. Store in airtight container in fridge. Let stand at room temperature 30 minutes before serving.

MADISON AVENUE MOCHA BROWNIES

Colleen Chilton

20 oz pkg brownie mix
8 oz pkg Philadelphia cream cheese, softened
1/3 cup sugar
1 egg
1 1/2 tsp instant coffee
1 tsp vanilla

Preheat oven to 350°F. Prepare brownie mix according to package directions. Pour into 13x9 inch baking pan.

Beat cream cheese, sugar and egg in mixing bowl until well blended. Dissolve coffee in vanilla; add to cream cheese mixture until well blended. Spoon cream cheese mixture over brownie batter; cut through batter with knife several times for marble effect. Bake 35 to 40 minutes or until cream cheese is set. Cool; cut into bars.

NONNA'S TORRONE

Alexandra Amendola

2 wafer sheets (10x14 inches)
3 cups chocolate chips
4 cups almonds
500 g marshmallows
1/2 lb unsalted butter
1 cup hazelnuts (optional)

Wafers can be purchased at Swiss Pasteries.

In a saucepan over medium heat, melt butter. Add marshmallows and chocolate chips; mix until melted. Add almonds and hazelnuts.

Place 1 wafer sheet to fit oblong pan. Spread marshmallow/chocolate/nut mixture over wafer. Place second wafer sheet on top of mixture. Sandwich both wafers and mixture together by placing some weight on top (another pan with a couple of pickle jars) approx 2 pounds of weight. Refrigerate for 2 hours. Should be approx 1 inch thick. Cut into 1x4 inch strips. No baking required.

CHEERIOS

Kevin Ring

1 cup brown sugar
1/2 cup butter
1/2 cup corn syrup
1 tsp vanilla
1/2 cup peanut butter
2 cups Cheerios
2 cups Rice Krispies
1 cup peanuts

Boil sugar, butter, corn syrup for 1 minute. Remove from heat and add vanilla and peanut butter. Stir until creamy and smooth. Add cereals and peanuts and mix well. Form in pan.

TOFFEE FINGERS

Philip O'Hearn

Graham wafers (not crumbs)
1 1/4 cups butter (not margarine)
1 cup brown sugar
4 (4 oz) pkg flaked almonds

Preheat oven to 350°F. Cover jelly roll pan with foil. Cover with wafers so that they are touching. Melt butter. Stir in brown sugar until melted. Add almonds and spread immediately over wafers. Bake 9 minutes or until quite bubbly. Cut while warm. Store in refrigerator or freezer.

Delicious and quite elegant.

JOS LOUIS

Beverley Halcro

1 chocolate cake mix
Eggs, oil and water, as per mix
Chocolate icing
Whipped cream

Mix cake mix as per directions. Using Easy Bake Oven pans, add 2 Tbsp batter per greased pan. Bake in Easy Bake Oven 13 minutes. Cool completely. Makes 24 to 26 cakes.

When cakes are completely cooled, put whipped cream on top of 1. Place another cake on top. Frost with icing. Makes 12 to 13 Jos Louis. Great fun for "family time", all can enjoy baking and decorating.

DIRT CUPS

Stephanie Ring

1 pkg chocolate instant pudding
2 cups cold milk
16 oz chocolate sandwich cookies, crushed
8 oz Cool Whip, thawed
Plastic cups/bowls
Gummy frogs, worms

Mix pudding and milk; beat until well blended. Let stand 5 minutes, then add Cool Whip and 1/2 the crushed cookies. Put 1 Tbsp cookies in bottom of cup. Fill to 3/4 full with pudding mixture. Place remaining cookies on top. Decorate with gummy frogs or worms. Refrigerate for 1 hour.

BONGO'S & CONGO'S CHOCOLATE BANANAS

Shannon Kathleen Murray

5 bananas
10 oz milk chocolate chips
10 wooden popsicle sticks
1/2 cup chopped peanuts
Coconut
Rainbow sprinkles
Candy coated chocolate pieces

Place chopped peanuts and/or any of the above coatings into shallow dishes. They can be mixed or placed in separate plates. Put chocolate pieces into small microwaveable bowl and microwave 1 to 2 minutes until all chocolate pieces are smooth. Be careful not to burn. (This can also be done in a small saucepan on the stove, over very low heat. Stir constantly. Remove from heat source.)

Peel banana and cut in half. Push a wooden stick into cut end of each banana half, inserting stick about halfway. Using a spoon and rounded knife, spread chocolate all over banana until completely coated. Immediately roll in assorted toppings.

Continue to do the same with each banana. Place bananas on a waxed paper or plastic wrap lined plate. Put into freezer and freeze until firm. If you'd like to save for another day, wrap each banana in plastic wrap and freeze.

CREAMY POPSICLES

A.J. Bonsall

3 oz (85 g) pkg strawberry or raspberry flavored gelatin (jelly powder)
1 cup strawberry or raspberry yogurt
1/2 cup cold water

Pour flavored gelatin into bowl. Add boiling water. Stir thoroughly until gelatin is dissolved. Add yogurt to gelatin mixture. Stir well. Add cold water. Stir. Pour into molds. Freeze for about 8 hours. Makes 2 2/3 cups (650 mL), about 10 or 11 popsicles.

JELLO ROLLS

Serena

Jello powder
Large marshmallows
1 cup water

Take marshmallows, dip in water, then dip in Jello powder.

CORAL'S TROPICAL DESSERT DRINK

Shannon Kathleen Murray

2 scoops sorbet or sherbet, any flavor
1 banana, peeled and sliced
1/2 cup blueberries, washed
12 oz can ginger ale
2 long stemmed glasses

Place 1 scoop of sorbet (we like to use multi flavored sorbet) into each of 2 long stemmed glasses. Top with banana slices, strawberries and blueberries. Pour ginger ale over fruit. Decorate glass rim with a whole strawberry and paper umbrella.

PEANUT BUTTER CUPS

Ashley Barber

1/2 cup softened butter
1/2 cup Kraft smooth peanut butter
1/2 cup firmly packed brown sugar
1/2 cup sugar
1 egg
1/2 tsp vanilla
1 1/4 cups all-purpose flour
1 tsp baking soda
1 1/2 cups Baker's miniature chocolate chips

Heat oven to 325°F (160°C). Beat butter, peanut butter and both sugars until light and fluffy. Add egg and vanilla, mixing well. Combine flour and baking soda; add to butter mixture, mixing well. Roll into 1 inch (2.5 cm) balls. Place in lightly greased miniature muffin pans. Bake for 12 to 14 minutes. Remove from oven and immediately place 1 tsp (5 mL) chocolate chips in centre of each cupcake. Allow to cool slightly and remove from muffin pans. Makes 42 cupcakes.

BAKED FUDGE PUDDING

Christine Chapman

1/4 cup margarine
3/4 cup sugar
1 1/2 cups flour
2 1/2 tsp baking powder
1/2 tsp salt
3/4 cup milk
3/4 cup nuts, optional
Topping:
1/4 cup cocoa
3/4 cup brown sugar
1/4 tsp salt
1 cup boiling water

Cream together margarine and sugar. Sift together flour, baking powder and salt. Add to margarine mixture alternately with milk. Stir in nuts (I use almonds). Spoon batter into greased 9x9 inch baking dish or cake pan.

Combine cocoa (I sift mine), brown sugar and salt. Sprinkle over batter in pan. Gently pour boiling water over top. Bake at 375°F for 20 to 25 minutes or until cake portion is cooked. Serve warm with whipped cream or ice cream.

BLUEBERRY DELIGHT

Diane Switalski

2 large boxes Jello vanilla instant pudding
500 mL container whipping cream
1 can blueberry pie filling
1 box unsalted Premium Plus crackers

Prepare vanilla instant pudding as per package instructions. Whip container of whipping cream. Fold both of above together (do not mix).

In 9x13 inch pan, spread a layer of above. Line with crackers evenly across. Continue this pattern 2 times. Spread 1/2 can of pie filling. Layer crackers, then mixture 2 more times. Spread other 1/2 of pie filling on top. Leave to set overnight. (Very important! Crackers must have time to absorb and soften.) Enjoy!

PECAN DELIGHT

Shauna Haight

1 cup chopped pecans
3/4 cup butter
1 cup flour
3 Tbsp sugar
8 oz cream cheese
1 cup icing sugar
1/2 cup Cool Whip
2 cups milk
1 pkg vanilla instant pudding
1 pkg chocolate instant pudding
1 cup Cool Whip

Mix together pecans, butter, flour and sugar. Spread mixture into 9x14 inch pan and bake 25 minutes in 350°F oven.

Whip together cream cheese, icing sugar and 1/2 cup Cool Whip. Spread on top of pecan mixture and let cool for 2 hours.

Beat together milk, chocolate and vanilla puddings. Spread on cheese layer. Top with remaining Cool Whip. Sprinkle with pecans.

SWEDISH CREAM

Rebekah Raftis

1 cup plus 3 Tbsp heavy cream (1/2 pt)
1/2 cup sugar
1 envelope plain gelatin
1/2 pt sour cream
1/2 tsp vanilla
1 pkg frozen raspberries

Mix first 3 ingredients together. Heat gently until gelatin is completely dissolved. Cook in back of stove until slightly thickened. Fold in sour cream, vanilla. Try to prevent lumps. Chill until firm. Spoon into dishes. Top with raspberries. Can be made in morning but not the day before. Serves 4.

CREAM PUFF DELIGHT

Vickie Luloff

1 cup water
1/2 cup butter/margarine
1 cup flour
4 eggs
2 small pkg vanilla pudding
3 cups milk
8 oz cream cheese
1 tub Cool Whip
Chocolate syrup

Boil water; add butter or margarine until it melts. Remove from heat. Add flour; stir till mixture leaves sides of pan. Beat eggs in, 1 at a time. Pour into large cake pan. Bake at 350°F for 30 minutes. Set aside to cool.

Filling: Pudding mix and milk, then cream cheese (takes a while and messy), beat till smooth. Pour over pastry crust, then add a layer of Cool Whip. Drizzle chocolate syrup over top.

BANANA SPLIT SUPREME

Breanna and Ann Kenny

2 cups graham wafer crumbs
1/2 cup butter, melted
1/2 cup (or a little less) sugar
2 cups icing sugar
1/2 cup melted butter
1 tsp vanilla
1 egg
4 bananas
1 qt strawberries
1 can drained crushed pineapple
1 large tub Cool Whip

Mix 1/2 cup melted butter with graham crumbs and sugar; press into 9x13 inch pan. Bake at 375°F for 8 minutes. Chill. Mix icing sugar, butter, vanilla and egg until smooth. Pour over chilled crust. Peel bananas and slice lengthwise. Place in pan. Slice strawberries in 1/2 and place in pan. Fill in spaces with drained pineapple. Top with Cool Whip. Sprinkle top with graham crumbs.

AUNT SHERYL'S DESSERT

Ali Bogart

1 pkg Weight Watchers chocolate mousse
Strawberries, cut in slices
1 tub Cool Whip
Chocolate chips

Bottom Layer: Make mousse as told on package.

Middle Layer: Strawberries, cut in slices.

Top Layer: Cool Whip, then top with chocolate chips.

BANANA-PINEAPPLE DELIGHT

Pam Goulet

1/2 cup butter, melted
2 cups graham wafer crumbs
2 eggs
2 cups sifted icing sugar
3/4 cup butter, room temperature
1 tsp vanilla
14 oz can crushed pineapple, drained
2 large bananas, sliced
1 envelope dessert topping mix
1/2 cup chopped nuts
1/3 cup red maraschino cherries, halved

Grease 9x13 inch pan. Combine melted butter and wafer crumbs; spread into bottom of pan. Beat eggs on high speed until light. Add icing sugar, soft butter and vanilla. Beat for 5 minutes more. Spread over crumb layer. Chill in fridge for 30 minutes.

Spread pineapple over cream mixture. Arrange bananas over pineapple. Cover with whipped topping. Sprinkle with nuts. Cover and refrigerate for 6 hours or overnight. Garnish with cherries that are cut in 1/2 before serving.

You can try other fruit!

PINEAPPLE DELIGHT

Shealyn Emmerson

Crust:
2 cups graham wafer crumbs
1/3 cup butter
2 Tbsp brown sugar
Middle:
1/2 cup butter
1 1/2 cups icing sugar
2 eggs, unbeaten
Top:
1 pt whipped cream or 1 pkg Dream Whip
8 oz crushed pineapple

Follow directions on package if using Dream Whip to make a light/fluffy topping.

Crust: Combine butter and brown sugar, melt and add to wafer crumbs. Pat into 8x8 inch pan. (May need to add more butter to make a better crust.)

Middle: Mix all together and spread on crumbs.

Top: Fold drained pineapple into whipping cream. Spread on cake.

Refrigerate.

PEACH LUSCIOUS

The Lacroix Family

1/4 cup sugar
2 eggs, separated
3 Tbsp shortening
Grated rind of lemon
1 cup flour
1/2 cup milk
3 tsp baking powder
1/2 tsp salt
8 to 10 large peaches, peeled and quartered
1 Tbsp lemon juice
1/4 cup sugar

Blend sugar, egg yolks and shortening. Add sifted dry ingredients and lemon rind alternately with milk. Rub sides of large baking dish with shortening. Fill bottom with peaches. Sprinkle with sugar and lemon juice. Pour batter over peaches. Bake at 350°F for 30 minutes. Remove from oven and cover with meringue.

Meringue: Beat 2 egg whites stiff. Add sugar. Brown in slow oven (250°F) for 15 minutes. Serve warm, plain or with cream.

SUMMER SALAD SURPRISE

Mary-Ann L'Abbé

1 bag miniature marshmallows (white)
500 mL sour cream
1 can mandarin oranges
1 can fruit cocktail
1 can pineapple tidbits

Mix marshmallows and sour cream together in large bowl in the morning and refrigerate. Place oranges, fruit cocktail and pineapple in fridge in the morning also, so they are chilled at time of serving.

Just before you serve, drain fruit, add to sour cream and marshmallow mixture, mix well and serve. Makes 6 to 8 servings. Leftovers keep well in fridge.

SUCRE À LA CRÈME

April Fisher

1/2 lb butter
3 cups brown sugar (packed firm)
1 small can Carnation milk
Pinch salt
1 lb icing sugar

Melt butter over medium heat. Add brown sugar, Carnation milk and salt. Allow mixture to boil for 5 minutes. Remove from heat and add icing sugar. Mix well with a hand mixer and pour into a large greased (with butter) plate.

CHOCOLATE LAYERED DESSERT

Barb Hohban
Natalie, Amanda and Katelyn

3 cups cold milk
2 (4 serving size) pkg Jello chocolate instant pudding
8 oz tub Cool Whip, thawed
12 oz Sara Lee pound loaf, cut into 1/2 inch cubes
4 regular size chocolate bars, Skor, chopped
1/2 cup chocolate syrup

Pour milk into large bowl. Add pudding mixes. Beat with wire whisk 2 minutes. Let stand 5 minutes. Gently stir in 2 cups Cool Whip. Arrange 1/2 of the cake cubes in 3 1/2 quart serving bowl. Drizzle with 1/2 of the chocolate syrup. Layer with 1/2 of the chopped Skor bars and 1/2 of the pudding mixture. Repeat layers, ending with pudding mixture. Refrigerate 1 hour or until ready to serve.

Garnish with remaining whipped topping. Sprinkle with additional chopped Skor bars, if desired. Makes 12 servings. Yummy! My girls just love this!

FRESH FRUIT TEMPTATION

Jeffrey O'Hearn

1/2 cup butter, softened
1/4 cup packed brown sugar
1 cup all purpose flour with wheat bran
1/4 cup rolled oats
1/4 cup finely chopped nuts
1 pkg cream cheese, softened
1 can Eagle Brand sweetened condensed milk
1/3 cup Realemon juice
1 tsp vanilla
Assorted fruit, fresh or canned

Preheat oven to 375°F. In large mixing bowl, beat butter and sugar until fluffy. Add flour, oats and nuts. Mix well. On lightly greased pizza pan or baking sheet, press dough into 12 inch circle, forming rim around edge. Prick with fork. Bake 10 to 12 minutes or until lightly browned. Cool.

In large mixing bowl, beat cream cheese until fluffy. Add Eagle Brand milk; blend thoroughly. Stir in lemon and vanilla. Spread over prepared crust. Chill 3 hours or until set.

Arrange fruit on top. Cover leftovers; refrigerate. Makes 1 dessert pizza.

No matter what you do, someone always knew you would.

FRUIT PIZZA

Corina Bowering-Dans

Crust:
2/3 cup shortening
3/4 cup sugar
1 tsp vanilla
1 egg
4 tsp milk
2 cups flour
1 1/2 tsp baking powder

Topping:
8 oz pkg cream cheese, softened
3 Tbsp icing sugar
Assorted fruit (strawberries, kiwi, bananas, grapes, oranges)
1 cup orange juice
2 Tbsp cornstarch
1 Tbsp sugar

Crust: With mixer, cream shortening, sugar and vanilla. Add egg and beat until fluffy and light. Stir in milk. Sift remaining dry ingredients and add to mixture. Mix well. Grease 12 inch pizza pan and spread mixture onto it. Bake at 375°F for 8 to 12 minutes or until golden brown. Cool.

Topping: Mix cream cheese and icing sugar. Spread mixture over crust. Arrange fruit over cream cheese layer in a circular fashion. Mix orange juice, cornstarch and sugar in pan; bring to boil, stirring constantly. Spoon hot mixture over fruit and let cool.

Makes 10 to 12 servings.

FRUIT PIZZA

Helen Brezynskie

1/2 cup butter
1/4 cup icing sugar
1 cup flour
8 oz pkg cream cheese
1/3 cup sugar (white)
1 tsp vanilla
2 Tbsp cornstarch
1 cup pineapple juice
1/2 cup sugar
1 tsp lemon juice

Crust: Mix first 3 ingredients and press in pizza pan. Bake at 350°F for 8 to 10 minutes. Cool.

Cream the cream cheese, 1/3 cup sugar and vanilla. Spread onto cooled crust. Spread sliced fruit on cream cheese, e.g. strawberries, pineapple, grapes, kiwi, mandarin oranges.

Glaze: Cook cornstarch, pineapple juice, 1/2 cup sugar and lemon juice until thick and pour over fruit.

Chill the pizza.

SUMMER AMBROSIA

Robin Belvedere

8 oz can mandarin oranges, drained
20 oz can pineapple tidbits, drained
2 cups grated coconut
2 cups miniature marshmallows
10 maraschino cherries
1/4 cup chopped pecans
1 cup sour cream
2 bananas, sliced into 1 inch chunks

In large bowl, combine all ingredients except bananas and mix well. Cover and refrigerate overnight. Before serving, add bananas and toss lightly. Enjoy.

ROB'S LOG

Tom and Sam Swindlehurst

1/2 cup strong black coffee
300 g pkg chocolate chip cookies
1 cup whipping cream
Strawberries, for decoration
Grated chocolate, for decoration

Make coffee and cool. Whip cream until it holds its shape. Quickly dip 1 cookie into coffee and drain coffee drips off. Spread 1 Tbsp cream onto 1 side of cookie. Carefully stand it on its side on a serving dish. Repeat the process with remaining cookies until you have a long log shape. Cover and freeze for 1 to 2 hours. Remove from freezer 15 minutes before serving.

Decorate with strawberries and grated chocolate and any remaining whipped cream. Serves 6.

APPLE CRISP

Kathryn, Don, Brooke, Amber McCrea

1/3 cup butter or margarine
1 1/4 cups lightly packed brown sugar
2/3 cup all purpose flour
1/4 tsp cinnamon
6 peeled and sliced apples

Preheat oven to 375°F. Grease 1 1/2 quart square baking dish. Cream together butter/margarine and brown sugar. Stir in flour and cinnamon until crumbly. Arrange apples in casserole dish. Sprinkle with crumbs. Bake in preheated 375°F oven for 40 minutes or until apples are tender and topping golden brown. Makes 6 servings.

CRISPY APPLE CRISP

Laurie Labelle

4 to 5 medium apples (Cortland work best)
1 cup brown sugar
1 cup all purpose flour
1 cup rolled oats
2 tsp cinnamon
1 cup melted butter or margarine
Pinch cinnamon (optional)

Peel and slice apples about 1/8 inch thick. Spread slices evenly in bottom of baking dish. Combine remaining ingredients and mix well. Spread evenly over apple slices. Sprinkle with cinnamon if desired. Bake in preheated oven set at 375°F for 30 to 40 minutes or until apples are tender and topping is golden brown. Serve warm topped with ice cream. Makes about 6 to 8 servings.

Very easy, a favorite with kids.

SPONGE CAKE

Zachany English

3 eggs
1 1/2 cups white sugar
1 tsp vanilla
1 1/2 cups flour
2 1/4 tsp baking powder
1/4 tsp salt
3/4 cup lukewarm to hot milk

Beat eggs till lemon coloured, beat in sugar and add vanilla. In separate bowl, mix flour, baking powder and salt. Gradually mix ingredients together; fold carefully after each addition. Fold in milk and pour into ungreased loaf pan. Swirl with knife to take away bubbles. Bake in oven at 350°F for 50 minutes.

AMBER'S & TYLER'S WACKY CAKE

Amber and Tyler Rochon

1 1/2 cups flour
1 cup white sugar
1 tsp baking soda
1 tsp salt
3 Tbsp cocoa
1 tsp vanilla
1 Tbsp vinegar
5 Tbsp oil
1 cup water

Mix all ingredients in cake pan. Bake at 350°F for 30 minutes.

JANIS COUSINEAU'S BANANA CAKE

Marie (1999)
Joseph (1996)

1/4 cup butter or margarine, softened
1 1/4 cups white sugar
2 eggs
1 tsp vanilla
1 tsp baking soda
1/2 cup hot sour milk
1 1/2 cups flour
1 tsp baking powder
Topping:
1/4 cup butter, melted
1/2 cup brown sugar
2 Tbsp milk
3/4 cup coconut
1/2 cup chopped nuts

Beat butter or margarine, sugar, eggs and vanilla until light and fluffy. Add mashed bananas. Dissolve baking soda in 1/4 cup hot sour milk. Alternately add to first mixture flour, baking powder and sour milk mixture. Mix until blended. Put into 9x9 inch pan. Bake at 350°F for 45 to 55 minutes.

Topping: Mix all ingredients; spread immediately on hot fresh cake from oven. Broil 6 inches below element for 2 to 3 minutes until golden.

Warning: Topping burns easily.

Makes 9x9 inch or 12 jumbo muffins or double recipe and make 9x13 inch or 24 small muffins.

BLUEBERRY YOGURT POUND CAKE

Betty Brennan

1 cup butter, softened
1 1/3 cups sugar
3 eggs
3 cups flour
1 1/2 tsp baking soda
1/2 tsp salt
2 cups blueberries, fresh or frozen
1 cup plain yogurt
3/4 cup orange juice
1 Tbsp grated orange rind
Icing sugar

In large bowl, cream butter. Beat in sugar until light and fluffy, 5 to 8 minutes. Beat in eggs, 1 at a time. In separate bowl, sift together flour, baking soda and salt. Stir together yogurt, orange juice and rind. Alternately add dry and wet mixtures to creamed mixture, making 3 additions of dry and 2 of wet. Fold in blueberries.

Pour batter into well greased and floured deep 9 or 10 inch (3 L) tube or bundt pan. Bake in 350°F oven for 60 to 70 minutes or until tester inserted in centre comes out clean. Let cool 15 minutes in pan. Turn out onto rack to cool completely. To serve, set on plate and sieve icing sugar over. Makes about 12 servings.

BAKED-IN STRAWBERRY SHORTCAKE

Samantha and Carter Matthews

1 cup all-purpose flour
1/2 cup granulated sugar
2 tsp baking powder
1/2 tsp salt
1/2 cup milk
1 egg, beaten
2 Tbsp melted butter or margarine
1 pt sliced strawberries
Whipped cream

In medium sized mixing bowl, combine flour, sugar, baking powder and salt. Stir in milk and beaten egg. Stir in melted butter and 1 cup of the sliced strawberries. Pour mixture into greased 8 inch baking pan. Bake at 375°F for 35 minutes. Remove from oven and allow to cool slightly. Cover with whipped cream and place remaining strawberries on top.

LEMON POUND CAKE WITH FRESH BERRIES AND ORANGE SAUCE

Susan Malis

Cake:
Lemon cake mix and lemon pudding
Or:
1 cup granulated sugar
1/4 cup margarine
1 egg
2 Tbsp yogurt
1/2 cup milk
1 1/2 cups flour
1 tsp baking powder
Grated rind of 1 lemon
Glaze:
Juice of 1 lemon
1/4 cup granulated sugar
Sauce:
1 1/3 cups warm orange juice
1 cup sugar
1/3 cup water

Cake: Line loaf pan with foil; lightly grease. In large bowl, cream sugar and margarine. Beat in egg, yogurt and milk. Mix flour and baking powder. Beat into egg mixture. Stir in lemon rind. Spoon in prepared pan. Bake at 350°F for 1 hour. Let cake stand for 3 minutes.

Glaze: Mix lemon juice and sugar. Pour over warm cake.

Sauce: Heat orange juice. In separate saucepan, stir together sugar and water. Boil until light brown. Add orange juice, stirring constantly. Boil vigorously for 5 to 10 minutes. Cover and refrigerate.

To serve, cut cake into slices. Place slice on a plate with sliced berries (strawberries, kiwi, raspberries or blueberries). Drizzle with sauce.

QUICK & EASY STRAWBERRY OR ANY BERRY SHORTCAKE

Charlene Flynn

1 graham wafer pie crust
1 pkg light cream cheese
1 tub light Cool Whip
Strawberries or blueberries or raspberries (whatever)

Let cream cheese sit at room temperature till softened. In bowl, mix together cream cheese and entire tub of Cool Whip. Put on graham wafer crust. Top with crushed berries. Keep cool in fridge until served.

CHERRY CHEESECAKE

Domenica Santoro Gemmell
Cristina and Stefanla Gemmell's mother

1 1/2 cups graham crumbs
1/4 cup sugar
3 (8 oz) pkg cream cheese
1 1/2 cups sugar
1/8 tsp salt
4 eggs
1 tsp vanilla
2 cups sour cream
1/4 cup sugar
1 tsp vanilla
1 can cherry pie filling or strawberry, i.e. personal choice (light or fat free fine)

Make graham crust. Mix graham cracker crumbs with 1/4 cup sugar. Blend in 1/2 cup melted butter. Press into springform on bottom and if desired up 2 inches of pan, but not necessary.

Soften cream cheese; blend in 1 1/2 cups sugar. Add salt. Beat until fluffy. Add eggs, 1 at a time. Beat well. Add 1 tsp vanilla. Pour over crust. Bake at 350°F for 50 minutes. Let stand for 15 minutes.

Heat oven to 450°F. Combine sour cream, add 1/4 cup sugar and 1 tsp vanilla in small bowl. Mix and pour over cooled cheesecake. Bake for 15 minutes, then let cool. Enjoy.

CHEESECAKE CUPCAKES

Aunt Mert Rollman

12 oz cream cheese
2 eggs
1/2 cup sugar
1/2 tsp vanilla
12 vanilla wafers
Cherry pie filling

Beat together first 4 ingredients until smooth. Place 1 vanilla wafer in bottom of paper lined muffin/cupcake tin. Fill each 2/3 full with cream cheese mixture. Bake at 350°F for 15 to 20 minutes. Remove from oven and cool. Top with pie filling. Refrigerate before serving.

INDIVIDUAL CHEESECAKES

Alicia Lemieux from Nadia

8 oz cream cheese
Vanilla wafers
1 egg
1/3 cup sugar
1 Tbsp lemon juice
1/2 tsp vanilla
1 doz cupcake liners

Put vanilla wafers in bottom of cupcake liners in cupcake baking pan. Blend all ingredients until smooth in a blender. Fill cupcakes 2/3 full. Bake for 20 minutes at 350°F. After cooled, top with pie filling or jam. Makes 1 dozen.

CHERRY CHEESECAKE

Jane Scott

2 cups graham wafer crumbs
1/2 cup melted butter or margarine
1 pkg Philadelphia cream cheese
1 pkg Dream Whip
1 cup sugar
1 can cherry (or whatever flavour you prefer) pie filling

Mix graham wafers with melted butter in square pan of your choice. Pat down; refrigerate. Mix Dream Whip according to instructions on package. Transfer Dream Whip to larger bowl and with mixer alternately add sugar and cream cheese until well blended. Add whipped mixture to graham wafer base and topping of your choice. Refrigerate minimum 1 hour, overnight is best. Enjoy!

CHOCOLATE CHEESECAKE

Angela Tierney

12 oz semi-sweet chocolate, melted
4 tsp butter, melted
2 cups Oreo cookie crumbs
2 lb room temperature cream cheese
3/4 cup sugar
1 tsp vanilla
1 cup sour cream
2 Tbsp dark rum
3 eggs

Heat oven to 350°F. Place small pan of water in bottom of oven. Butter 9 inch springform pan. Mix butter with Oreo cookie crumbs and 1/4 cup sugar. Press crumbs on bottom of pan. Beat cream cheese, sugar and vanilla. Add eggs, 1 at a time. Add melted chocolate and stir until smooth. Beat in sour cream and rum. Pour into crumb shell. Bake approx 1 hour so that centre is firm when pan is jiggled. Chill in refrigerator.

HURRY UP CAKE

The Berry and Shamess Family

2 eggs
1 cup sugar
1 cup flour
1 tsp baking powder
1/2 cup milk
2 Tbsp butter, melted
1/2 tsp vanilla
Topping:
1/2 cup coconut flakes
4 Tbsp brown sugar
3 Tbsp butter
2 Tbsp cream

Beat eggs. Add remaining ingredients. Mix well. Bake at 350°F for 30 minutes, in 8x8 inch pan.

Topping: Mix all. Spread on cake immediately after it is done. Return to oven until topping bubbles.

BANANA SPLIT CAKE

Carolyn Roberts

2 cups chocolate wafer crumbs
2/3 cup melted butter
1/2 cup soft butter
2 eggs
2 cups icing sugar
1 tsp vanilla
3 large bananas, sliced and dipped in pineapple juice
19 oz can crushed pineapple, drained
1 large container Cool Whip

This is a no-bake cake. Using 9x13 inch pan, layer the following ingredients:

First Layer: Melted butter and chocolate crumbs, mixed and pressed into bottom of pan. Cool.

Second Layer: Beat butter, sugar, eggs and vanilla. Spread over crumb crust.

Third Layer: Sliced bananas.

Fourth Layer: Well drained crushed pineapple.

Fifth Layer: Cool Whip.

Decorate final layer of Cool Whip with chocolate drizzle. Keep refrigerated until serving time.

They soar not high who fear to fall.

PEAR SPICE CAKE WITH PECAN PRALINE TOPPING

Linda-Joy Cameron

Boxed spice cake never tasted so good: Fresh pears, crystallized ginger and a sweet nut topping really perk it up. Serve this warm or at room temperature. The topping will be soft when warm; it will be firmer, like southern praline, when cool.

1 cup (2 sticks) unsalted butter
1 box spice cake mix (1 lb 2.25 oz)
3/4 cup canned pear nectar
3 large eggs
2 Tbsp mild flavored (light) molasses
1/2 cup minced crystallized ginger
2 pears, peeled, cored, cut into 1/2 inch pieces (about 1 1/2 cups)
3/4 cup packed golden brown sugar
1/4 cup whipping cream
1 1/3 cups pecan halves, toasted

Butter 9 inch diameter springform pan with 2 3/4 inch high sides.

Stir 1/2 cup butter in small saucepan over medium heat until melted and brown, about 3 minutes. Pour into large bowl. Add spice cake mix, canned pear nectar, eggs, molasses and crystallized ginger. Using electric mixer, beat batter 2 minutes. Fold in pears. Pour batter into prepared pan.

Bake until cake is dark brown and tester inserted into center comes out with some moist crumbs attached, about 1 hour and 10 minutes. Cool cake in pan on rack 15 minutes.

Run knife between pan sides and cake to loosen. Release pan sides. Place cake on platter.

Stir golden brown sugar, whipping cream and remaining 1/2 cup butter in heavy medium saucepan over medium-high heat until smooth. Boil 3 minutes, stirring often. Stir in pecan halves. Spoon warm topping over warm cake.

Serve warm or at room temperature. Makes 8 to 10 servings.

Love warms the heart like sunshine warms the day.

TOMATO SOUP CAKE

Kimberley Lewis

1/3 cup shortening or butter (butter is better)
1 cup sugar
1 tsp baking soda
10 oz can tomato soup
1 1/2 cups flour
1 tsp baking powder
1 tsp cinnamon
1/2 tsp cloves
1/2 cup raisins (optional)

Cream butter and blend in sugar gradually. Dissolve soda in soup in a separate bowl, then beat into butter mixture slowly. Mix and sift flour, powder and spices; add to first mixture. Blend lightly. Stir in floured raisins.

Bake at 375°F approx 40 to 50 minutes depending on your oven. I would check cake at 35 minutes to see how much baking time might be left.

MANDARIN ORANGE CAKE

Linda Grimble

1 cup flour
1 cup sugar
1 tsp baking soda
1 egg
1 can mandarin oranges
Topping:
250 g pkg cream cheese
1/3 cup icing sugar

Set oven to 350°F. Mix dry ingredients first. Add egg and just the juice from mandarin oranges; beat mixture. Stir oranges into batter. Pour mixture into ungreased glass loaf pan. Bake for 45 to 50 minutes.

When cool, ice with a cream cheese icing (250 g package cream cheese blended with 1/3 cup icing sugar).

A delicious low fat cake!

EASY PINEAPPLE CAKE

Angela Bettino

1 1/2 cups white sugar
2 cups flour
2 tsp baking soda
2 beaten eggs
14 or 19 oz can pineapple
3/4 cup white sugar
1/2 cup cream or milk
1/2 cup butter
1 tsp vanilla or brandy

Mix first sugar, flour, baking soda, eggs and pineapple with juice. Pour into 13x9 inch greased pan. Bake at 350°F for 45 minutes.

Boil white sugar, cream, butter and vanilla. Pour liquid mixture on hot cake and let soak.

COFFEE CAKE

David Creech's favourite cake

1/2 cup soft butter
1 1/2 cups white sugar
3 eggs
3 cups flour
3 tsp baking powder
1 1/2 cups sour cream
1 1/2 tsp baking soda
1/2 cup brown sugar, packed
2 tsp cocoa
1 tsp cinnamon

Cream butter and sugar together. Beat in eggs, 1 at a time. In another bowl, sift together flour and baking powder. In a small bowl, add baking soda to sour cream. Let sit a few minutes until it rises. Mix together in a small bowl brown sugar, cocoa and cinnamon; mix well!

Add sour cream mixture to butter and beat to combine. Then beat flour mixture to above, 1/3 at a time until well mixed. Place 1/2 of the batter mix in a tube pan, well greased. Sprinkle 1/2 of the brown sugar mixture over top and cut through batter with a knife from center to side of pan. Add remaining batter and spread. Then sprinkle rest of brown sugar mixture over top. Bake 1 hour at 350°F. Enjoy!

P.S. This uses a lot of bowls but tastes delicious.

LUNAR RHUBARB CAKE

"Miss Helen" (Sheehan, 2000)

1/2 cup butter
1 1/2 cups white sugar
1 egg
1 tsp vanilla
2 cups flour
1 tsp baking soda
1 cup buttermilk
2 cups chopped rhubarb (1/2 inch pieces)
1 Tbsp flour
1/2 tsp salt
Topping:
1/4 cup butter
2 tsp cinnamon
1 cup brown sugar

Cream butter and sugar until smooth and creamy. Beat in egg and vanilla. Sift together 2 cups flour, soda and salt. Add to creamed mixture, alternately with buttermilk (3 dry, 2 liquid additions). Toss rhubarb with 1 Tbsp flour and mix gently into batter. Spoon into buttered 13x9 inch glass pan and smooth surface.

Topping: Blend ingredients and sprinkle evenly over batter.

Bake at 350°F for 45 minutes or until cake has risen and brown. Test with skewer.

LEMON POPPY SEED CAKE

Darre Bowden (Shelley)

1 box Duncan Hines lemon cake mix
1 large box lemon instant pudding
1/2 cup corn oil
1 cup water
4 eggs
1/4 cup poppy seeds
Icing:
3/4 icing sugar
Lemon juice

Mix well and pour into greased angel food cake pan. Bake at 350°F for 50 minutes.

Icing: To icing sugar, add enough lemon juice to make a clear icing.

Remove cake from pan as soon as it comes out of the oven and apply your icing. It is the secret for a shiny cake.

CRAZY CAKE

Cheryl Spitzig

1 cup brown sugar
1 cup milk
1 egg
1/2 cup shortening
2 tsp baking powder
1/2 tsp salt
1 tsp vanilla
1 tsp baking soda, dissolved in 1/2 cup boiling water
1 3/4 cups flour
1/2 cup cocoa

Preheat oven to 325°F. Dissolve baking soda in boiling water. Add ingredients, in order given. Mix for 3 minutes. Pour into greased square pan. Bake for 30 minutes or until toothpick comes out clean.

CHOCOLATE MOCHA CAKE

Norma I. Craig

1 1/2 cups (500 mL) white sugar
2 eggs
2 tsp (10 mL) vanilla
2/3 cup (150 mL) vegetable oil
2 2/3 cups (650 mL) all-purpose flour
2/3 cup (150 mL) cocoa
2 tsp (10 mL) baking soda
2 tsp (10 mL) baking powder
1 tsp (5 mL) salt
1 tsp (5 mL) cinnamon
2 cups (500 mL) boiling coffee

Preheat oven to 350°F (180°C). Beat sugar, eggs, vanilla and oil for 4 minutes or until well blended. Combine dry ingredients and add alternately to egg mixture with coffee. Start and finish with dry ingredients. Pour into 9x13 inch pan or 2 layer pans. Bake 40 to 50 minutes. Top with chocolate icing. Serves 15 to 20 people.

PINEAPPLE UPSIDE-DOWN CAKE

Dan Klimpel

1 white cake recipe (a mix is fine)
75 mL (1/3 cup) butter or margarine
250 mL (1 cup) brown sugar
9 slices pineapple
9 maraschino cherries

Preheat oven. Prepare white cake batter in separate bowl.

Melt butter in cake pan; remove from heat. Stir in brown sugar and spread uniformly on bottom. Place pineapple slices close together on sugar and decorate cavities with cherries. Cover with cake batter.

Bake in moderate oven until toothpick inserted in centre comes out clean. Cool 10 minutes. Loosen sides of cake and invert gently on cake plate. Serve warm or cold with whipped cream.

Use 23 cm (9 inch) square pan. Temperature: 180°C (350°F). Cooking Time: 65 to 75 minutes. Yield: 9 servings.

BUTTERMILK APPLE CAKE

Amanda Kolacz

1/4 cup (50 mL) soft margarine
2/3 cup (150 mL) packed brown sugar
1 1/2 cups (375 mL) buttermilk
1 cup (250 mL) all-purpose flour
1 tsp (5 mL) baking powder
1 tsp (5 mL) baking soda
1 Tbsp (15 mL) cinnamon
1/2 tsp (2 mL) salt
Medium apples, cored and chopped (about 625 mL)
Topping:
1/4 cup (50 mL) packed brown sugar
2 tsp (10 mL) cinnamon
2 Tbsp (50 mL) chopped nuts or 1/4 cup coconut (optional)

Lightly grease and flour 2.5 L square cake pan.

In large bowl, beat together margarine and sugar until combined; beat in buttermilk. Add flour, baking powder, baking soda, cinnamon, salt and apples; mix until combined. Spread batter evenly in pan.

Topping: Combine sugar, cinnamon and nuts or coconut; sprinkle over batter.

Bake in 350°F (180°C) oven for 40 to 45 minutes.

WACKY CAKE

Chris Fraser's mom, Cathy

1 1/2 cups flour
3 Tbsp cocoa
1 tsp baking soda
3/4 cup sugar
1 tsp baking powder
1 tsp salt
1 tsp vanilla
1 Tbsp vinegar
5 Tbsp Crisco oil
1 cup warm water
Icing:
1/2 cup brown sugar
1/4 cup butter
1/4 cup coconut
1 Tbsp cream

Mix and sift together dry ingredients. Sift into ungreased pan, 8x8 inches. Makes 3 holes in mixture and put the following in the holes: vanilla in first, vinegar in second and oil in third hole. Pour over this mixture 1 cup warm water and mix thoroughly.

Bake at 350°F until mixture shrinks from sides of pan.

Icing: Mix and spread on cooked cake. Broil until it bubbles.

CHRISTMAS HONEY CAKE

Ewa Grajewski

2 3/4 cups (675 mL) sifted cake and pastry flour
2 tsp (10 mL) baking soda
1 tsp (5 mL) baking powder
1 tsp (5 mL) cinnamon
1/2 tsp (2 mL) each salt, cloves and nutmeg
1 cup (250 mL) raisins
1 cup (250 mL) chopped walnuts
1/2 cup (125 mL) currants
1/2 cup (125 mL) chopped dates
1/2 cup butter, softened
1 cup (250 mL) packed brown sugar
1 cup (250 mL) honey
4 eggs
1/2 cup (125 mL) coffee

Sift flour, baking soda, baking powder, cinnamon, salt, cloves and nutmeg. Remove 2 Tbsp and toss with raisins, walnuts, currants and dates. Set both mixtures aside.

In bowl, beat butter and 3/4 cup sugar until fluffy. Beat in honey and yolks, 1 at a time. Stir in flour mixture in 3 additions alternately with coffee in 2. Mix in fruit mixture. Beat whites until peaks form; gradually add sugar, beating until firm glossy peaks form. Fold into batter.

Transfer to greased and floured 10 inch (4 L) tube or bundt pan, smoothing top. Bake in 300°F (150°C) oven for 1 1/4 to 1 1/2 hours or until cake tester comes out clean. Let cool in pan for 10 minutes; turn out onto rack. (Cake can be stored in airtight container for up to 1 week or in freezer for up to 2 months.)

ANGEL FEATHER ICING

Christine Ferguson

2 egg whites
3/4 cup sugar
1/3 cup corn syrup
2 Tbsp water
1/4 tsp cream of tartar
1/4 tsp salt
1 tsp vanilla or other flavouring

There's nothing better for an angel cake or a layer cake than this almost foolproof and luscious icing. It doesn't dissolve, run away or get crusty. It stays tender and fluffy for days if anyone lets it last that long.

Put everything but the vanilla into the top of a double boiler with fast boiling water below. Start beating immediately with a rotary beater or electric mixer until the mixture stands in stiff peaks. Remove from heat, add flavouring and keep on beating until it is thick enough to spread easily.

EXTRA RECIPES

Extra Special

FANCY PARTY SANDWICHES

For mixed receptions and parties, allow 2 slices bread or 3 to 4 small sandwiches per person*

For ladies tea parties or showers, allow 1 to 1½ slices bread or 2 to 3 small sandwiches per person*

Bread: Approximate number of slices (crusts removed) from loaves

Bread	**⅜-inch slices**	**½-inch slices**
16-ounce loaf	20	16
20-ounce loaf	22	18
24-ounce loaf	25	22

Butter: Allow ¼ lb. per 24-ounce loaf.

Filling: To make filling for one 24-ounce loaf allow:

2½ cups chopped meat or poultry
12 hard-cooked eggs
¾ lb. thinly sliced meat or cheese
10 to 12 ounces peanut butter or jam
¾ lb. cream or soft cheese
2-7 oz. tins fish

— Use about 2-3 large loaves of bread to make small sandwiches (depending on the size of sandwiches for 50 people).

— Make various fancy shaped, checkerboards, ribbon, pinwheel, wagon wheel and roll-up sandwiches.

— Use flavored butters and attractive garnishes.

— For rolled sandwiches, use bread that is very fresh, so that slices will not crack when rolled.

— Chill bread to facilitate slicing thinly.

— Soften butter and beat it until soft and fluffy, to make it easy to spread.

— Prepare sandwiches in advance, wrap tightly in wax paper and refrigerate before slicing.

*depending on what other food is being served, age group, time of day, etc.

MICROWAVE COOKING HINTS

To speed cooking and promote even heating, use the following techniques:

- Stir food during cooking to bring the heated outside parts of the food to the center.
- Turn food over when microwaving small items like hamburgers or chops or when defrosting.
- Rearrange foods or individual items during cooking to promote even heating.
- Allow standing time to complete the cooking of roasts and baked products.
- Shield wings or legs of poultry with small pieces of aluminum foil to prevent overcooking of these parts.
- Cover foods to hold in moisture and speed cooking.
- Arrange food in a ring or circular shape to allow maximum exposure to microwave energy. Place tender or thin parts in the center and thicker pieces toward the outside.
- Rotate or move food a quarter or half turn during cooking to allow foods which cook quickly to cook evenly.
- Select foods or pieces of the same size and shape because small items cook faster than large ones.
- Food at refrigerator temperature takes longer to cook than food at room temperature.
- Dense foods take more time to heat than light or porous foods.

EXTRA SPECIAL

RECIPE FOR HAPPINESS

Fr. Paul Shepherd

Take equal parts of faith and courage;
Mix well with a sense of humor;
Sprinkle with a few tears and add a helping of kindness for others.
Bake in a good-natured oven and dust with laughter.
Scrape away any self-indulgence that is apparent.
Serve with generous helpings.

DANCING SNOWBALLS

Stefanie Spitzig

Cold water
Food colouring
Vinegar
Baking soda
8 to 12 mothballs

Tint cold water with food colouring and measure into a deep glass bowl or fish bowl. For each 4 cups water, add 1 Tbsp vinegar and slowly add 2 Tbsp baking soda. Stir well. Drop mothballs in and watch them start to dance. If the balls get lazy, add a little more vinegar.

KID'S PLAYDOUGH

Nancy Etmanski

1 cup flour
2 tsp cream of tartar
1/2 cup salt
1 cup water
1 Tbsp oil
Food colouring

Mix flour, cream of tartar and salt in a sauce pot. Mix together in a bowl the water, oil and food colour. Add to pot. On medium heat, stir mixture until thick and pulls away from pot. Turn mixture onto counter top and knead until soft. Put into a sealed container. Will keep for up to 1 month.

NUTTY CLAY DOUGH (You Can Eat It)

Suzanne Kostron

1/2 cup smooth peanut butter
1/2 cup honey
1 cup dry powdered milk

Mix all your ingredients in a bowl. When you have a nice pliable clay texture, it's ready for rolling, pinching, squeezing and shaping. When you're done, don't bake, just eat.

If mixture is too wet, add more milk powder.

BAKER'S CLAY

Sarah and Emma Groulx

4 cups unsifted flour
1 cup salt
1 to 1 1/2 cups water

Combine ingredients and knead the clay in a large bowl for 5 minutes. Sculpt objects and bake the finished pieces for about 1 hour at 300°F.

Paint and decorate after baking. A coat of clear varnish or urethane will preserve objects for years.

Baker's clay is especially good for making flat objects such as Christmas tree decorations or play cookies. Children can flatten the clay and use cookie cutters, jar lids, etc. to cut out shapes.

FLUBBER

Lee Carrier

Solution A:
1/2 cup warm water
2 cups Elmer's white glue
Food colouring (green is cool!)

Solution B:
1 1/3 cups warm water
4 tsp Borax

Mix Solution A in 1 bowl. Mix Solution B in another bowl. Make sure both are dissolved well. Pour Solution A into solution B. Do not mix or stir! Lift out the flubber and store in plastic bags. Have fun grossing out your family and friends and it won't stick to clothing, furniture or carpet.

Long live the slime!

MUSTARD BEAN PICKLES

Carolyn McEvoy

1 qt beans, cut in lengths or halves
2 cups vinegar
2 cups white sugar
2 tsp celery seed
1 tsp turmeric
1/3 cup dry mustard
1/3 cup flour

Cook cut beans in water until tender. Drain. Make mustard sauce from remaining ingredients. Pour beans over mustard sauce. Cook over low heat, stirring constantly. Bring to a boil. Pack in sterilized jars and seal. Makes approx 3 pints.

SALSA

Thomas Lacelle

5 (19 oz) tins diced tomatoes
4 onions, chopped
3 green peppers, chopped
1 Tbsp crushed garlic
1/2 (19 oz) jar banana peppers, 3/4 of juice (I use the whole jar)
2 tsp salt (optional)
4 tsp cornstarch

Chop, mix and boil all of the above, except cornstarch. Simmer 25 minutes. Add cornstarch and simmer 5 minutes more. Put in jars. Makes 13 pints.

NATURAL SUMMER STRAWBERRY JAM

Sharon Groulx

5 medium Granny Smith apples
2 cups water
1 lemon
8 cups halved strawberries
5 1/2 cups sugar

Wash and chop apples (including cores and peels); place in large stainless steel saucepan with water. Remove thin yellow peel (zest) from lemon in 1 long piece; squeeze juice. Set both aside. Chop remaining lemon and add to apples. Bring to boil; cover and simmer 20 minutes.

Place 8 (250 mL) jars in boiling water canner; boil 10 minutes to sterilize.

Pour cooked apples and liquid into sieve. Yield 2 cups of applesauce by forcing through sieve with back of spoon. Return applesauce to saucepan.

Wash, prepare and measure strawberries; add to applesauce with lemon peel. Bring to boil. Maintaining a constant boil, slowly stir sugar into fruit mixture; stir until sugar is completely dissolved. Stirring frequently to prevent scorching, boil vigorously until mixture reaches gel stage, approx 20 to 30 minutes.

Boil lids in boiling water to soften seals.

Add reserved lemon juice to jam; boil 1 minute longer. Remove from heat and skim off foam. Discard lemon peel.

Ladle jam into hot sterilized jars to within 1/4 inch of top rim. Remove air bubbles; readjust headspace to 1/4 inch. Wipe jar rim, center lid and apply screw band just until fingertip tight. Place in canner. Repeat for remaining jam. Cover canner; return water to a boil. Process 5 minutes. Remove jars. Cool 24 hours. Check jar seals. Wipe jars, label and store in cool, dark place.

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